

Equipment Checklist

Ask the surgeon or therapist which items you need. Some hospitals lend or recommend specific ones.

EQUIPMENT	NEED IT	READY	WHERE FROM / NOTES
Walker or rollator (height set by the therapist)	☐	☐	
Crutches or cane (when cleared)	☐	☐	
Raised toilet seat or toilet safety frame	☐	☐	
Grab bars by the toilet and shower	☐	☐	
Shower chair or tub transfer bench	☐	☐	
Handheld shower head	☐	☐	
Non-slip mats, inside and outside the shower	☐	☐	
Reacher	☐	☐	
Sock aid	☐	☐	
Long-handled shoehorn	☐	☐	
Long-handled sponge	☐	☐	
Bed rail or transfer pole	☐	☐	
Bedside commode	☐	☐	
Night lights	☐	☐	
Cold packs (if advised)	☐	☐	
Pill organizer	☐	☐	
Other:	☐	☐	
Other:	☐	☐	

Practise with each aid before you rely on it, especially getting on and off the toilet, in and out of the shower, and in and out of chairs.

Before Discharge: Questions and Contacts

Ask these before leaving the hospital, and write the answers down.

Do I have hip precautions? Which ones, and for how long?

How much weight can I put on the leg?

When can I shower, and how do I keep the wound dry?

Which walker or crutches, set at what height? When can I switch to a cane?

Can I use stairs? How?

Which exercises at home, and how often?

Which medicines, and for how long (pain relief, blood thinner)?

When is the follow-up appointment? When do stitches or staples come out?

Call the surgeon's office right away for: fever or chills; increasing redness, swelling or drainage at the wound; pain that keeps getting worse; new pain, swelling or tenderness in the calf. **Call 911 for sudden chest pain or shortness of breath.**

Contacts

WHO	NAME	PHONE
Surgeon's office		
After-hours number		
Physical therapist		
Home health agency		
Pharmacy		
Equipment supplier		

Planning the first weeks home?

The Post-Hospital Recovery Planner is a fillable organizer for discharge details, warning signs and vitals, medicines, a daily recovery log, a 30-day follow-up calendar and caregiver handoff. shop.elderlydaily.com/l/post-hospital-recovery-planner

A checklist to help you prepare, not medical advice. Follow the instructions of your own surgeon and therapist.