Post-Surgery Home Recovery Checklist

Set up the home well before surgery day, so there is time to practise with everything.

For _____ Surgery date _____

WALKWAYS AND STAIRS

- [ ] Loose rugs and cords removed
- [ ] A wide, clear path from bed to bathroom
- [ ] Night lights from bedroom to bathroom
- [ ] Stair handrails checked and secure
- [ ] Plan to live on one floor if stairs are hard

BATHROOM

- [ ] Raised toilet seat or toilet safety frame
- [ ] Two grab bars (towel racks can't take a person's weight)
- [ ] Shower chair with rubber tips, or a tub transfer bench
- [ ] Non-slip mats inside and outside the shower
- [ ] Handheld shower head and long-handled sponge

BEDROOM

- [ ] Bed height lets feet rest on the floor when sitting on the edge
- [ ] Firm mattress
- [ ] Phone, water, glasses and medicines within reach
- [ ] Bedside commode if the bathroom is far

KITCHEN AND LIVING AREA

- [ ] Firm chair with a high seat and armrests
- [ ] Everyday items between waist and shoulder height
- [ ] Walker bag or basket for carrying things
- [ ] Meals cooked and frozen ahead

HELP AT HOME

- [ ] Someone to stay for the first days home
- [ ] Care for pets arranged
- [ ] Rides to follow-up appointments
- [ ] Prescriptions filled before the day of discharge

Notes

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.