

HOME CARE NOTES

Returning Home After Joint Replacement Surgery:

A Checklist of Safety Tips to Help Prepare Your Home After Your Surgery

Home Safety:

- Remove throw rugs
- Remove cords
- Clear pathways
- Good lighting
- Check smoke alarm batteries and expiration date
- Have an escape plan
- Use non-slip shower mats or decals



knee surgery



Making Life Easier...

- Plan meals ahead
- Call ahead if you want Mobile Meals
- Wear comfortable clothes
 - Elastic waist
 - Easy to get on or off
 - Wear walking shoes and cotton socks
- Plan personal space
 - Use a chair with arms
 - Chair or bed height at least 18 inches
 - TV/remote
 - Radio
 - Have telephone within easy reach
 - Crossword puzzles

Equipment Needs:

- Walker
- Raised toilet seat
- Bedside commode (if bathroom is on second floor)
- Tub/shower bench
- Hand rails
 - Outside stairs
 - Inside stairs
 - Shower

Each year Visiting Nurse Service and Affiliates helps hundreds of patients to safely return home following joint replacement surgery.

Visiting Nurse Service and Affiliates

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If you have any questions regarding your discharge from the hospital, please call VNS at 330-745-1601 or 800-362-0031

VNSA offers a complete range of home care services 24 hours a day, 365 days a year. Specialty care services include Disease Management, Rehabilitative Therapies, High-Tech Infusion Therapies and Support Services.