

Preparing Your Home for Your Needs After Surgery

It's important to prepare your home to be safe and ready for you after surgery. Use the following guidelines. Check each item box as you complete that item.

<input type="checkbox"/> Move items you use a lot in the kitchen, bathroom, bedroom and workshop to tabletop-height surfaces or to middle shelves.
<input type="checkbox"/> Move low-height tables away from the couch or chairs. Have clear pathways and eliminate clutter around the house.
<input type="checkbox"/> Pick up all throw rugs in your walking or standing path. Consider using double face tape to secure carpet edges.
<input type="checkbox"/> Check stair railings to make sure they are secure. If you are adding a railing, extend it a few inches past the end of the staircase. It's best if all stairs have railings.
<input type="checkbox"/> Consider first floor options (temporary) if your bathroom isn't on the main floor. Do you have access to a portable commode?
<input type="checkbox"/> Put grab bars in the bathtub/shower. Consider other key areas for grab bars, such as by the toilet. (Grab bars should be installed into wall studs to ensure that they are secure.)
<input type="checkbox"/> Have access to a shower/tub transfer bench for bathing.
<input type="checkbox"/> Apply adhesive slip strips to the tub.
<input type="checkbox"/> Consider a hand-held shower head.
<input type="checkbox"/> Consider using a soap dispenser/liquid soap in the bathtub/shower rather than using hand-held soap. Place a bar soap in a nylon stocking and tie it onto a soap dish.
<input type="checkbox"/> Make your phone accessible to your primary sitting area and bed. Cordless phones are helpful. Carry a cordless phone in your fanny pack when you are home alone for increased ease of emergency access.
<input type="checkbox"/> Use a kitchen cart to move heavy or hot items.
<input type="checkbox"/> Pick out a chair to sit in when you come home. A good chair is firm with arms and seat height at least 18 inches from the floor, but one that allows your feet to be flat on the floor and your knees to be lower than your hips.