

# Planning Checklist

– knee or hip surgery –

In order to be well prepared for your surgery, please follow this checklist.

## 6 weeks before surgery:

- I have read the patient education book. I understand the information and have shared it with my family or friends.
- I have called an outpatient physiotherapy clinic and made an appointment for 3 to 7 days after my date of surgery.
  - Publicly Funded Physiotherapy Clinics – There is a list provided in your booklet or visit [www.health.gov.on.ca](http://www.health.gov.on.ca) and search “funded physiotherapy” for a complete list.
  - Private Clinics available through Extended Health Benefits or at a fee for patient.
- I have made plans for transportation to my physiotherapy and follow up appointments.
- I have someone to help with groceries, meals, laundry, pet care and housekeeping for at least 2 weeks after I get home.
- I have made plans for respite or to stay with family or friends if I live alone and have no help. I have seen my Family Physician for the forms to be filled out.

## 2 weeks before surgery:

- I have made plans to be picked up from the hospital when I meet discharge criteria.
- I have made arrangements for ALL of the equipment that I will need at home: a standard walker without wheels, cane, raised toilet seat, and dressing aids.

## Day before surgery:

- I have reviewed the “Hip and Knee Arthroplasty Checklist for Surgery”
- I have packed a small bag with my personal items (scent free) that I will need while in the hospital. These items include: my patient education book, a pair of non-slip shoes or slippers with backs (one size larger), comfortable clothes – loose pants, t-shirts.
- I have ALL of the equipment that I will need **at home** and practiced using: a standard walker without wheels, cane, raised toilet seat, and dressing aids.

### Do you need help with transportation?

#### **DARTS (Disabled and Aged Regional Transportation System)**

905-529-1717 [www.dartstransit.com](http://www.dartstransit.com)

#### **Canadian Red Cross**

Hamilton Branch Transportation 905-522-8485, or contact your local branch. [www.redcross.ca](http://www.redcross.ca)