

After Surgery: Preparing Your Home

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- ☐ Place clean sheets on your bed.
- ☐ Reduce clutter and minimize unnecessary items on the floor. Arrange furniture so you have a clear path between rooms. Your balance and mobility will be reduced for a number of weeks. Make it easier to get around by getting clutter out of the way.
- ☐ Remove loose wires, cords and rugs. If it can trip you up, it shouldn't be there.
- ☐ Prepare and freeze meals.
- ☐ Make sure you have lighting in your bedroom that is easily accessible. Walking around in a dark room after surgery put you at risk of falling.
- ☐ Place a lamp and telephone near your bed. Install night lights along your route between your bedroom and the bathroom and in the bathroom.
- ☐ Install grab bars inside the tub and near the toilet as applicable. Put a rubber mat that won't slip on the floor of the tub or shower.
- ☐ Ensure your pets will be cared for. Walking and feeding them may be difficult when you first return home from surgery. While we love our pets, it's also important to keep them out of your bed and away from your surgical incision, as they can spread bacteria.