

Fall Safety

No matter how fit you are, orthopedic surgery puts you at a high risk of falling.

Why?

- You've just had major surgery
- The effects of anesthesia and pain medications
- Increased fluids
- Unfamiliar environment
- Equipment such as brace, IV poles, etc.

When are you at the highest risk of falling?

- Walking to and from the bathroom
- In the bathroom/on the commode: rising, sitting, shifting
- Moving without assistance
- Not wearing appropriate/properly fitting shoes with nonskid soles.

Let us help you!

- Always ring the call bell and wait for a member of your care team before getting up. **"Call, don't fall".**
- Please DO NOT get out of bed or off the chair/commode/toilet alone or with family. Only utilize members of your care team.
- Don't assume that if you walked with a member of your care team, you are ready to walk alone in the room.
- Use caution with movement; rise slowly and if you feel dizzy or lightheaded let your care team know.
- **Most falls occur around toileting**—don't try to reach for items, rise from, or lower to the toilet alone.
- Anticipate your needs – let us help you get to the bathroom with enough time.
- Always wear proper footwear, eyeglasses, and use an assistive device (walker, crutches, brace) when getting up.