

Total Hip Replacement Checklist



REVIEW EDUCATION:

- ☐ Before, During & After Hip & Knee Replacement Surgery - Patient Guide
- ☐ Exercise Guide for Hip Replacement Surgery and practice exercises prior to surgery
- ☐ Practice hip precautions (as per surgeon for duration) DO NOT: 1) bend your hip past 90 degrees, 2) Cross your legs at the ankles or knees 3) Twist your body or legs
- ☐ Apply hip precautions when: sitting, lying, and getting - in/out of bed, dressed/undressed, on/off the toilet, in/out of the bathtub and in/out of a vehicle
- ☐ Pre-Op Education through OASIS program:
 - Osteoarthritis Service Integration System (OASIS):
[OsteoArthritis Service Integration System \(OASIS\) | Vancouver Coastal Health \(vch.ca\)](#)
 - OASIS Class Offerings: [OASIS class descriptions | Vancouver Coastal Health \(vch.ca\)](#)
- ☐ Any site-specific resources provided



EQUIPMENT PROVISION (MEPP LOAN, RENT, OR PURCHASE)

- ☐ Obtain + set up equipment prior to your surgery
- ☐ Practice using the equipment (getting on/off the toilet, on/off bed, in/out of the bathtub, getting dressed/undressed and in/out of a vehicle)
- ☐ Temporarily label your name (masking tape/marker) on items brought to hospital.
- ☐ Have someone bring the required equipment to your hospital room or bring with you on the day of surgery



THERAPY EQUIPMENT TO BRING TO THE HOSPITAL

REQUIRED: WALKING AIDS	DRESSING EQUIPMENT	FOR SITTING
<input type="checkbox"/> 2 wheeled walker <input type="checkbox"/> Crutches <input type="checkbox"/> Cane	<input type="checkbox"/> Long handled reacher <input type="checkbox"/> Long handled shoehorn <input type="checkbox"/> Sock aide	<input type="checkbox"/> 4" high density cushion (with cover for car/chair)





Prepare

- ☐ Follow directions and keep a schedule for medications
- ☐ Have icepacks prepared ahead of time
- ☐ Pace yourself but keep active by walking and doing home exercises



Home

- ☐ Ensure all sitting surfaces are 2" above the bend of the knee (knee crease)
- ☐ Remove tripping hazards and clutter
- ☐ Improve lighting such as adding a night light
- ☐ Prepare meals ahead of time



Support Post Surgery

- ☐ If you are a primary caregiver, make suitable arrangements in advance for your absence
- ☐ Confirm you have someone to assist you for the first 3 days at home



Transportation to leave (NH Bus, pick up by friend/family member, taxi, Handy Dart, or accesible transportation)

- ☐ Confirm your ride home. If traveling in a car, use a cushion to maintain hip precautions