



## Preparing for Hip Surgery: Checklist

### General Pre-Surgical Preparations:

- What is the surgical procedure you are having: \_\_\_\_\_
- Do you have any questions about the surgery for your surgeon: If so what?  
\_\_\_\_\_
- What will be your weight-bearing (WB) status after surgery? Full? Partial WB? Touch WB? Non-WB
- How long will it be before you can put full weight on your leg? \_\_\_\_\_ weeks?  
\_\_\_\_\_ months?

### Preparing Your Home

- Are there any objects blocking or limiting access to rooms? \_\_\_\_\_
- Is your bed on the ground floor level? If not could it be moved?
- Is your bathroom safe? Does it have a shower stool? \_\_\_ Grab bars? \_\_\_
- Have you stocked up on supplies? Food? \_\_\_ Bathroom supplies? \_\_\_
- Do you have enough entertainment options? Books? \_\_\_ Videos? \_\_\_ Games? \_\_\_

### Command Post (Bed or Couch)

- Computer access? \_\_\_ TV? \_\_\_ phone? \_\_\_
- Working Table (can slide in and out, adjustable height)? \_\_\_
- Back Support? \_\_\_
- Pillows to elevate leg? \_\_\_
- Pen? \_\_\_ Paper? \_\_\_
- Handiwork/Crafts? \_\_\_
- Easy access to food/snacks? \_\_\_

### Involve Family and Friends (help preparing meals, keeping you company, etc.)

- List friends who you have asked to help out? \_\_\_\_\_
- Are there specific days you have asked for help? \_\_\_\_\_

## Return to Activities

- When do you expect to be able to return to regular day-to-day activities? \_\_\_\_
- When does your doctor expect you to be able to return to regular day-to-day activities? \_\_\_\_
- If you work, when do you expect to be able to return to your job? \_\_\_\_
- When does your doctor expect you to return to work? \_\_\_\_
- Have you talked with your employer about your expected recovery time? \_\_\_\_
- Are there high level activities that you do? \_\_\_\_ If so how long will you be off from these activities? \_\_\_\_

## Mobilizing Post-Surgery

- What will you use to help mobilize after your surgery?  
Walker? \_\_\_\_ Crutches? \_\_\_\_ Cane? \_\_\_\_
- Have you practiced using an assistive device prior to surgery? \_\_\_\_  
Going up stairs? \_\_\_\_

## Driving following hip Surgery (it is critical not to drive until you are safe!)

- Is the leg that operates the gas pedal and brakes being operated on? \_\_\_\_
- Have you talked to your surgeon about when you may return to driving?
- Do you have someone to drive you around in the weeks after surgery?

## The Day of Surgery

- Do you know where to go to check-in? \_\_\_\_\_
- Has the check-in process been explained to you?
- Do you have any questions you need to ask the surgeon prior to surgery?
- Is your surgery a day surgery or will you be staying overnight in the hospital? \_\_\_\_
- If you are being admitted how many days will you be in hospital? \_\_\_\_
- What are the surgeon's goals for you on the first day after surgery?

## Going Home

- What day are you likely to be discharged from hospital? \_\_\_\_
- Who is going to pick you up when you are discharged from hospital? \_\_\_\_\_
- Do you have vehicle that you can get into easily?
- How long is the drive home? \_\_\_\_ (for long drives a break may be necessary)
- Will you have a problem (stairs, etc.) getting into your house? \_\_\_\_ .  
If so is there someone who can help you? \_\_\_\_

## Pain Control Options

- Are you clear on all of your options to manage your pain following surgery?  
Medications \_\_\_\_ Elevating leg \_\_\_\_ Ice \_\_\_\_ Other \_\_\_\_