

# Are you taking control of your recovery?

KNOW WHAT YOU'LL NEED AHEAD OF YOUR JOINT REPLACEMENT SURGERY

## TIP 1

### PLAN ON NEEDING EXTRA HELP

Your mobility might be very limited the first few weeks.

#### WHAT TO DO

Take advantage of local sources for assistance or get help from family for typical chores. For example:



MOWING YOUR LAWN.



WALKING YOUR DOG.



DRIVING TO THE GROCERY STORE.

## TIP 2

### PREPARE YOUR HOME AHEAD OF TIME.

You might feel more tired than usual, so basic tasks will seem more daunting.

#### WHAT TO DO

Take steps to ensure your home is a safe, comfortable haven while you recover:



PREPARE MEALS AHEAD OF TIME AND FREEZE THEM.



REMOVE THROW RUGS AND MOVE FURNITURE TO ACCOMMODATE A CANE, CRUTCHES, OR A WALKER.



MOVE ITEMS YOU'LL NEED TO A LOW COUNTER, WITHIN EASY REACH.

## TIP 3

### PLAN A RECOVERY WARDROBE & ACCESORIES

You'll be limited to your home for a while, have to change bandages, and build up mobility.

#### WHAT TO DO

Shop ahead of time for comfortable, practical, and flexible clothes and shoes that fit comfortably while you recover:



STABLE SHOES.

As you regain your mobility, you'll want to make sure you have the right kind of support.



COMFORTABLE, LOOSE CLOTHES.

You're recovering from surgery! Comfort is key and so are the clothes you can remove and adjust easily, like for changing bandages.



ICE PACKS.

Keep ice packs ready to go. There's a great variety out there, many of which are custom for certain body parts.

## TIP 4

### PREPARE TO KEEP YOURSELF BUSY

Don't go stir crazy while you stay home recovering.

#### WHAT TO DO

Stock up on what makes you happy at home:



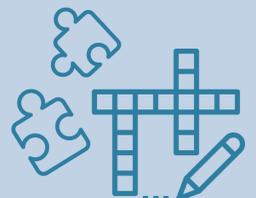
MOVIES.

Make a list of movies you've been meaning to watch but never got around to seeing.



BOOKS.

Get to those books you've been meaning to read.



GAMES.

Try some puzzles or play some games. How about something new! Painting? Crossword puzzles?

Find more resources at [theReadyPatient.com](https://www.theReadyPatient.com)



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