
Home Safety Checklist

You know your house the best, but getting it ready after surgery is very important. These suggested changes are encouraged to make your home safe for you after surgery. Please check off the list:

- Open walking areas in your home to allow use of a walker.
- Throw rugs, cords (television, lamps etc.) removed from the area as they may cause you to trip.
- A firm chair with good arm support to be used after surgery to help you stand up safely.
- Avoid stairs if you can.
- Daily used items are easy to reach (dishes, clothes etc.).
- Handheld shower head in bathroom.
- Non-skid mats in your shower/bathtub to make the standing surface safe.
- Grab bars next to your tub/shower to provide safety and balance during shower.
- Use caution around pets and small children when walking at home.
- Know what your insurance will cover for any home health services or equipment you might need at home after surgery.
- Plan ahead for daily home services; garbage pickup, newspaper/mail delivery, cleaning, etc.