

Preparing for Total Knee Replacement

The better prepared you are for your knee replacement surgery, the better it's likely to go. That is, if you manage your health, exercise as best you can, and get your home ready, your at-home recovery will go more smoothly. Here are a few tips:



Accept help, you'll need it. Identifying a support system is critical.



Manage your health, including your A1c if you are diabetic. Eat healthy, smaller meals. Lose weight if you're overweight. And, stop smoking.



View our education class at joint.urmc.edu to review your surgery in detail so you are comfortable and confident.



Learn your exercises. Your surgeon is likely to recommend simple therapy exercises to rehab your hip. Starting them before surgery will help after surgery.



Accident proof your home – Keep items used often within easy reach, remove obstacles, install nightlights, and make sure your mattress is not on the floor.



Catch up on chores, like laundry, and prepare meals that can be easily reheated.

**MORE THAN 90% OF PATIENTS
ARE DISCHARGED HOME
AFTER 1 NIGHT IN THE HOSPITAL**

Patients who recover at home generally get better faster and with fewer complications. So, making sure you—and your home—are ready for your return is key.

If you're ready to take control of your hip pain, call us. We can help.

(585) 275-5321