

# Outpatient Direct Anterior Hip Replacement



## Anterior Approach Total Hip Replacement – Patient Readiness Checklist

- You will be discharged from hospital on the same day as your hip replacement. In order to be well prepared for your surgery, please follow this checklist.

### Once you know your surgery date:

- I have read the patient education book. I understand the information and have shared it with my family or friends.
- I have someone to help with groceries, meals, laundry, pet care and housekeeping for at least 2 weeks after I get home.
- I have made plans to stay with family or friends if I live alone and have no help.
- 1-2 weeks before surgery:
- I have made plans to be picked up from the hospital when I meet discharge criteria.
- I have made arrangements for my walking aid such as crutches or a walker.
- I have made plans for transportation to my follow up appointments.

### Day before surgery:

- I have packed a small bag with my personal items (scent free) that I will need while in the hospital. These items include: my patient education book, a pair of non-slip shoes or slippers with backs (one size larger), comfortable clothes – loose pants, t-shirts.
- I have ALL of the equipment that I will need and practiced using my walker or crutches.

Do you need help with transportation? Please see the information for your community in the Patient Education Book that you have been provided. If you are using Lift+, it takes two weeks to process an application for temporary eligibility.

**For more information visit:**  
**[www.rjac.ca](http://www.rjac.ca)**

(modified from: SURG-136 Total Hip and Total Knee Checklist)