



# Pre-Op Checklist

- ☐ Be realistic. Plan for the worst, but hope for the best.
- ☐ Watch [this video](#) about the healing timeline.
- ☐ For the first 1-2 weeks post-op:
  - Find a caregiver to help you
  - Find someone to help with pets/children/dependents.
- ☐ Join a support group on Facebook, here are two that I recommend:
  - My group, [Hip Replacement Support](#)
  - A group that I admin, [Hip Replacement Group for Active People](#)
- ☐ Sign up for the Your Hip Journey email system on [HipVlog.org](#)
- ☐ Plan to take off work for as long as possible.
- ☐ Buy things to support your recovery, [here](#) are some items I suggest.
- ☐ Watch [this video](#) for secrets to a quick recovery and practice the things you will need to do differently post-op like:



- Using crutches.
- Sleeping on your back.
- Daily activities without using or bending your operative leg like:
  - Getting up/down from the toilet.
  - Getting in/out of bed and the shower.



- ☐ Do some upper body strengthening exercises because you will rely more on upper body strength during your early recovery.
- ☐ Prehab to improve fitness and flexibility around hips with guidance from a Physical Therapist or your Surgeon.
- ☐ Relocate daily use items for easy access.
- ☐ Clear obstacles from the areas you will frequent.
- ☐ Get dental work done, but check with your hip surgeon first.
- ☐ Ask your surgeon when you must discontinue medications before surgery.
- ☐ Re-watch [Pete's Pre-op Checklist](#) video.
- ☐ Buy or prepare and freeze high protein snacks and meals.

## More resources and information

Website: [hipvlog.org](http://hipvlog.org)

YouTube: [@Peteshipvlog](#)

Facebook: [Hip Replacement Support](#)

Instagram: [HipReplacementVlog](#)

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