

Recommended Equipment

To ensure a safe and smooth recovery, the following equipment is commonly recommended after total hip or total knee replacement. Having these items ready at home before surgery helps prevent falls, reduces discomfort, and avoids delays in recovery.

Essential Mobility & Safety Equipment

- Front-Wheeled Walker:** Used immediately after surgery to provide stability and support while walking. Most patients transition to a cane as strength and balance improve.
- Cane:** Used during the transition from walker to independent walking.

Bathroom & Home Safety Equipment

- Raised Toilet Seat** (with or without arms): Reduces strain on the hip or knee and makes sitting and standing safer.
- Shower Chair or Bench:** Allows seated bathing to reduce fall risk until balance and endurance improve.
- Handheld Shower Head (optional):** Improves safety and ease of bathing.

Swelling & Comfort Management

- Ice Therapy (Ice Packs or Cold Therapy Unit):** Helps reduce pain and swelling. Use several times daily, especially during the first few weeks after surgery.

Optional Assistive Devices

Helpful if flexibility is limited or if hip precautions are required.

- Reacher / Grabber
- Sock Aid
- Long-Handled Shoehorn

Home Preparation Tips

- Use a firm chair with armrests for easier sitting and standing
- Remove loose rugs and tripping hazards
- Keep frequently used items within easy reach
- Arrange help at home for the first few days if possible