

Equipment for Recovery at Home after Hip or Knee Replacement

After your hip or knee replacement, some daily tasks may be harder at first. This can include walking, using the toilet, washing, dressing, and getting in and out of bed or chairs.

To help you stay safe and comfortable, you may need some equipment at home. Having these items ready before your surgery will make coming home easier and less stressful.

This leaflet will show you what you might need and how to prepare your home. Not everyone will need everything. Your therapy team will tell you what is right for you.

Being prepared will help you recover safely and with more confidence.

Bathroom Equipment

- Shower chair or bench (which is not too low)
- Non-slip bath or shower mat
- Raised toilet seat

Seating

- Firm chair with armrests (important for sit-to-stand)
- Seat cushions or firm pillows (avoid low, soft chairs)

Home Safety

- Remove loose rugs
- Keep walkways clear
- Good lighting

Dressing Aids

- Long-handled shoehorn
- Sock aid
- Helping hand or grabber
- Closed Shoes – bring with you to hospital
- Trousers should not be too loose to avoid tripping

Comfort

- Ice packs (wrapped in a towel)
- Support cushions



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Tagħmir fid-Dar għall wara it-Tibdil tal-Ġenbejn jew tal-Irkoppa

Wara l-operazzjoni fejn tinbidel l-irkoppa jew il-ġenbejn, xi attivitajiet ta' kuljum jistgħu jkunu aktar diffiċli għall-bidu. Dawn jistgħu jinkludu l-mixi, l-użu tat-toilet, biex tinħasel, biex tilbes, u d-dħul u l-ħruġ mis-sodda jew mis-siġġu.

Biex tgħinek tibqa' sigur u komdu, jista' jkun li jkollok bżonn xi tagħmir fid-dar. Li jkollok dawn l-affarijiet lesti qabel l-operazzjoni jagħmel ir-ritorn id-dar aktar faċli u inqas stressanti.

Dan il-fuljett jurik x'jista' jkollok bżonn u kif tipprepara d-dar tiegħek. Mhux kulhadd ikollu bżonn kollox. It-tim tat-terapija jgħidlek x'inhu l-aktar adattat għalik.

Li tkun ippreparat tgħinek tirkupra b'mod aktar sigur u b'aktar fiduċja.

Tagħmir għall-Kamra tal-Banju

- Siġġu jew banketta għad-doċċa (li ma tkunx baxxa wisq)
- Tapit addattat għall-banju jew għad-doċċa li ma jiżloq
- Siġġu tat-toilet għoli (raised toilet seat)

Sigġijiet u Sufani

- Siġġu sod b'armrests (importanti biex tqum bilwieqfa minn bilqiegħda)
- Sufani b'imħaded sodi (evita sigġijiet u sufani baxxi u rotob)

Sigurtà fid-Dar

- Neħhi t-twapet li jistgħu jiċcaqalqu u faċli tiżloq fihom
- Żomm il-kurruturi u l-art ħielsa minn ostakli
- Dejjem ixgħel id-dawl biex tara sew

Għajnuniet biex tilbes

- "Shoehorn" b'manku twil biex tilbes iż-żraben
- Għajnuna biex tilbes il-kalzetti
- "Grabber" biex taqbad oġġetti minn mal-art jew fil-baxx
- Żraben magħluqa mhux "slip-on" – ġibhom miegħek l-isptar
- Il-qliezet m'għandhomx ikunu wesgħin ħafna biex tevita li titfixkel fihom u taqa'

Kumdità

- Ice packs (imgeżwra f'xugaman)
- Imħaded ghas-support



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