

Joint replacement packing list (hip / knee / shoulder)

For total hip, total knee, or shoulder replacement. *Different surgeries; same general kit. Cross out what doesn't apply to your procedure.*

HOSPITAL BAG

- Loose pull-on pants (NOT skinny)
- Loose t-shirts or button-front shirts
- Slip-on shoes with non-slip soles
- Loose pajamas (button-front for shoulder)
- Hip kit if hip replacement (reacher, sock aid, long shoehorn, long-handled sponge)
- Toiletries (travel size)
- Phone charger with long cord
- Tablet, earbuds
- Pillow for the car ride
- Insurance card and ID
- Medication list
- Walker (most insurance covers; clinic provides for hip/knee)

HOME PREP

- Raised toilet seat (hip and knee)
- Shower bench inside the shower
- Handheld showerhead
- Roll up rugs, tape down cords
- Recliner with leg-up support (especially knee)
- Ice machine or rotation of gel packs (knee)
- Bedside table with everything in arm's reach
- Pre-cooked or frozen meals for the first week
- Confirm walker / cane ready

Confirm post-op appointment scheduled

PROCEDURE-SPECIFIC ADD-ONS

SURGEON NAME + PHONE

PROCEDURE DATE AND ARRIVAL TIME

SPECIFIC INSTRUCTIONS FROM THE PRE-OP NURSE

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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