

VANTAGE SURGERY CENTER

HOW TO STAY SAFE AT HOME FOLLOWING SURGERY

HOW TO PREVENT FALLS AT HOME

Recovering from surgery sometimes requires making temporary modifications at home to create a safe environment. Limited mobility, pain medications and anesthesia can all increase a patient's risk of falling after surgery.

Bedroom:

- Ensure your path from the bed to the bathroom is clear of obstacles.
- Use night lights to illuminate paths clearly during the nighttime.
- Keep essentials like water, your phone, your medications within easy reach of your bed.
- Remove loose rugs or secure them with non-slip backings.
- Keep cords and other tripping hazards tucked away or secured.

Bathroom:

- Install grab bars next to the toilet and in the shower.
- Use a shower chair and non-slip mats to prevent slips in wet areas.
- Consider higher toilet seats to make sitting and standing easier.

Preventing falls after surgery is a critical component to the recovery process. Falls can complicate your recovery and lead to additional injuries.