

HOW TO PREVENT FALLS AFTER SURGERY

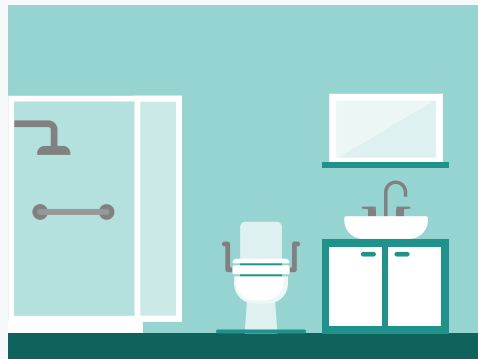
You have just had surgery which may limit your ability to walk and have been given medication that may interfere with your balance and/or decision making. Please review these precautions and tips to help minimize your chances of falling at home.

BATHROOM

Be extra careful in bathrooms and getting in/out of showers

Use non-slip mats

Wear non-slip socks or footwear (*flip flops or shoes without a backing are a hazard*)

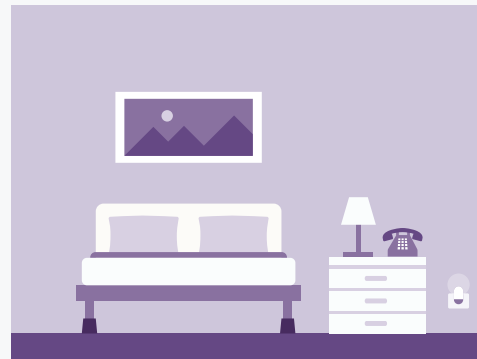


BEDROOM

Make all must-have items easily accessible

Plug in night-lights

Take time to focus on your surroundings (*Your vision may be affected/blurred by the medications*)



ROOMS/STAIRS

Take your time and turn on lights as you move from room to room

Be extra careful on stairs; use hand rails going up and down

Clear a pathway; rugs, cords and pets can get in your way



KITCHEN

Use the walker, cane, crutches, gait belt or other assistive device your surgeon has recommended

Drink water or other liquids to stay hydrated



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IF YOU FALL: Many falls do not cause injury, but if you do fall, are hurt, and need assistance, call 911. Also, call your surgeon's office and let them know. They can advise you if a follow-up visit is necessary.

TIP: Ask a friend or family member to stay an extra day to help you adjust to any limitations you may have after your surgery.

Resources: CDC Steadi (Stopping Elderly Accidents, Deaths & Injuries) program at [CDC.gov/steadi](https://www.cdc.gov/steadi) and Joint Commission SpeakUp to Prevent Falls program at [jointcommission.org/resources/for-consumers/speak-up-campaigns/to-prevent-falls](https://www.jointcommission.org/resources/for-consumers/speak-up-campaigns/to-prevent-falls)

