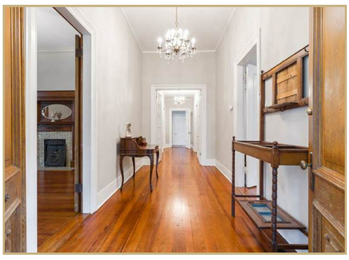
6 Home Prep Ideas for Foot Surgery Recovery

1. Clear Your Pathways and Eliminate Hazards

Look for obstacles that could impede your mobility and clear, wide pathways throughout the house. Clear the floors of unnecessary items, move furniture if needed, add nightlights, and make a plan to avoid stairs during early recovery.



2. Store Essentials Within Easy Reach

Stock up on essentials in places where you can reach them and organize your most-used rooms so items are within arm's reach. Prepare meals in advance and keep toiletries close by to minimize standing or walking.

3. Keep Mobility Aids Close and Accessible

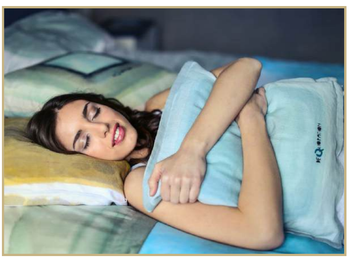
Keep mobility aids like crutches or a walker within reach at all times, such as next to your bed or by the door. Have a place to rest and elevate your feet to help reduce swelling.

4. Organize Your Medications and Medical Supplies

Set up a medication station in a place you'll remember, like a nightstand or bathroom shelf, and use a pillbox if needed. Keep medical supplies, such as gauze and antiseptics, organized and within easy reach.

5. Arrange for Help from Family or Caregivers

Arrange for someone to assist with daily activities like cooking, cleaning, and shopping during recovery. Ensure help is available for children or pets so you can focus on healing.



6. Make Your Sleeping Arrangements Comfortable

Make sure you're comfortable and able to elevate your foot while sleeping using pillows, cushions, or a reclining chair. Keep the path to your bed clear and mobility aids nearby for easy access.

Presented by:
MyFootdoc.com

FOOT & ANKLE CENTER

Image Source:
pexels.com