

# Chapter 7: Resources

## Medical Equipment

### Did You Know?

If you did not need the support of an assistive walking device before surgery, you may not need one after.

To ensure a safe recovery after your surgery, you may need to use some special equipment. This page shows and describes the equipment.

It is recommended to wait until after surgery to buy equipment. If you can borrow equipment, it is helpful to make arrangements before surgery.

### Front-wheel walker or cane



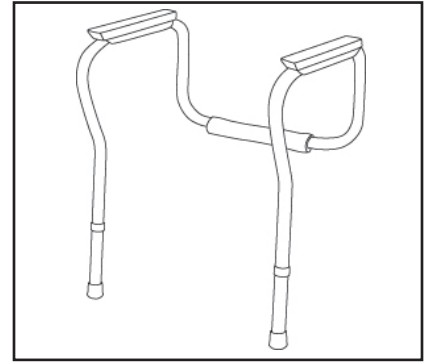
A walker may help you walk after surgery.

### Raised toilet seat/commode



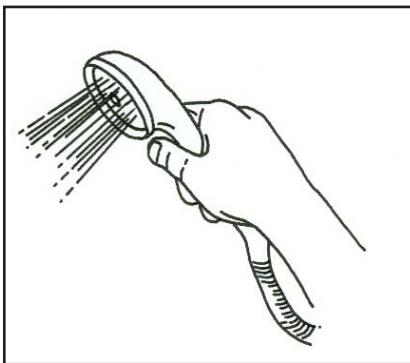
A raised toilet seat may make it easier for you to get on and off the toilet. Your feet should touch the floor when using the toilet.

### Toilet safety frame



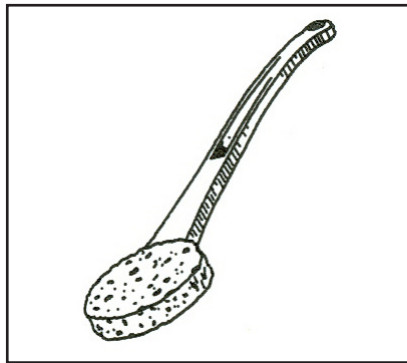
A toilet safety frame may make it easier for you to get on and off the toilet.

### Hand-held shower head



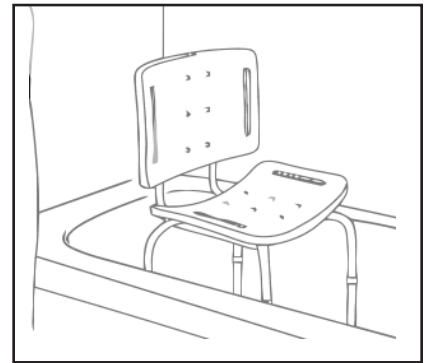
A hand-held shower head allows you to control the spray of water while sitting.

### Long-handled sponge



A long-handled sponge can be used to wash your feet when you cannot bend.

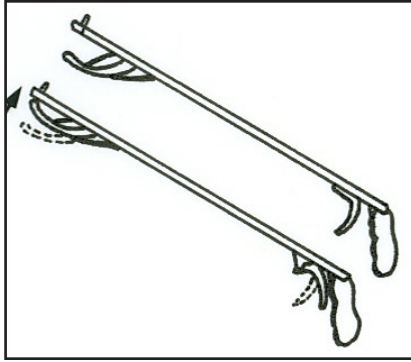
### Tub chair



Drawings © Allina Health System

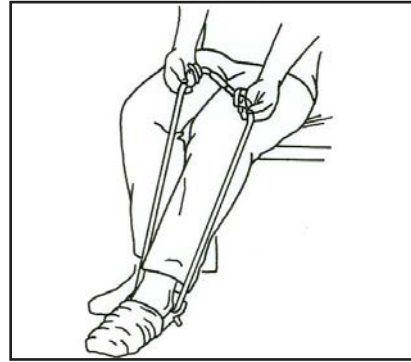
A tub chair lets you sit while taking a shower or bath.

### Reacher



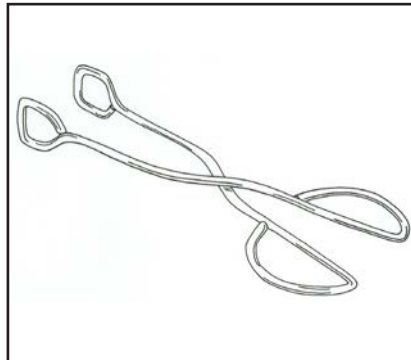
A reacher helps you get things from higher and lower levels. It can also help you put clothes on the lower part of your body.

### Sock aid



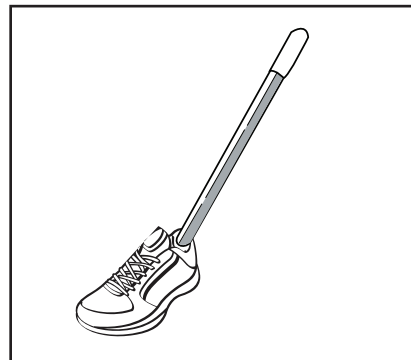
A sock aid helps you put on socks without bending.

### Tongs



Tongs can be used in place of a reacher. Or they can help you with your hygiene care after you use the toilet.

### Elastic laces or long-handled shoe horn



Elastic laces let you slip in and out of your shoes easily while keeping them tied. The long-handled shoe horn helps you guide your foot into an already-tied or slip-on shoe.