

Before Your Surgery Checklist

Careful preparation can improve your chance of a complication free recovery.

When attending any appointments please bring an accurate medication list. Let us know if you need an interpreter or any special accommodations.

Preparation before surgery:

- Attend educational classes if available about my surgery example: Joint Workshop.
- Attend Center for Preoperative Assessment visit if scheduled. If you do not have an appointment an RN will call you to do your assessment.
- Complete Health Care Proxy which allows a person you designate to make medical decisions for you if you are unable.
- Arrange for someone to drive me home when I am discharged from the hospital. **Discharge time is between 10-11am.** Name: _____ Phone: _____
- Do you need someone to stay at home with you for the first few days after your surgery?
- Move obstacles such as throw rugs, extension cords, and footstools out of walkways. Make sure you can walk about easily with walker or crutches.
- Have appropriate seating for your type of surgery, no rolling chairs.
- Pets may need to be kept in a certain area so tripping is not a danger. Have enough food and supplies for your pet.

- Make sure handrails are secure in stairways.
- Have clean clothes for a few weeks ready or a plan for laundry.
- Arrange for mail to be picked up or place on hold for a few weeks.
- Stock up on food that is easy to cook like premade frozen meals, boxed meals, meals on wheels support, or grocery delivery.
- Have enough medications to last you a few weeks. Do you have any financial burden regarding your medications?

Day of surgery:

- If you are having a day procedure you will stay in the recovery area for 90 minutes after your surgery.
- Day surgery procedures you must have someone 18 years of age to accompany you home.

After Surgery:

- To avoid reaching and bending make sure you place medications and personal items in easy reach.
- Have a cell phone or cordless phone that you can keep in your pocket.
- Smoking, Alcohol and drug use can cause you to have withdrawal or other substance related problems after surgery. Please be honest with your care team. We are here to help you prepare and recover after your surgery.
- If you require rehabilitation services after your surgery have you identified facilities you would like to go to? Your hospital care manager will help you arrange any services you need after your surgery.