

PRE-SURGERY CHECKLIST

The following checklist will help you prepare for your surgery. Please take the time to plan ahead for your procedure so that your recovery goes as smooth as possible. When having surgery it is important that you are in the best possible health.

1-2 weeks before surgery:

- Visit with your primary care provider for health optimization before surgery.
- You will be notified of any pre-surgery testing needs and date of appointment(s).
- DO NOT take anti-inflammatories (ex: Advil, Ibuprofen, Aleve, Motrin), herbal remedies or vitamin E one week before your surgery unless instructed otherwise. You may take Tylenol.
- Communicate with your employer that you will be having surgery. You may have restrictions when returning to work that you and your employer need to plan for. If applicable, bring paperwork with specific dates.
- Arrange transportation to and from the hospital ahead of time. If you plan to take a taxi, bus or other transportation you will still need someone to be with you until you get home.
- Arrange your home to be as comfortable as possible before surgery, so that no obstacles are encountered after surgery. Make sure you have someone that can help you the first 2-3 weeks after surgery with chores, changing dressings, etc.... especially for the first week, as your pain level may limit your ability to do simple tasks.

Night before and day of surgery:

- Take regularly prescribed medications the night before surgery unless instructed otherwise. Discuss with anesthesia what, if any medications need to be taken on day of surgery with sip of water.
- Do not eat or drink after midnight the night before your procedure.
- Do not smoke or drink alcohol for at least 24 hours prior to surgery.
- Arrive at the hospital at least 3 hours prior to scheduled surgery time. Bring something to read or do while you await surgery. Anticipate potential changes in scheduled surgery time.
- Wear comfortable, loose fitting clothes the day of surgery. Remove all jewelry and leave it as well as other valuables at home. Remove nail polish, makeup and jewelry (including piercings). Wear glasses not contacts.
- Bring a list of current medications (and advanced directives if you wish)

Immediately after surgery:

- Prescriptions, surgical instructions and follow up information will be given to you before you go home (if not already provided to you before surgery)
- Anticipate potential side effects of pain medication including constipation and nausea.
- Have ice or ice machine (Game Ready, etc.) available for surgical area

Additional Instructions: _____