

Pre- and Post-Op Checklist

Being Prepared is the Best Way to Feel Ready For Your Surgery

There are many details that go into surgery planning. Often times, it's easy to forget the small stuff. The following pre- and post-op tips are meant to provide the details that can make life easier before and after surgery.

This list does not replace the advice of your surgeon, but it can provide reminders about what to ask the surgeon and how to be better prepared.

Talk to Your Surgeon and Their Staff

- Mixing medications: Medications you're already taking may interact with surgery or with medications that your surgeon prescribes before and after your procedure. Be sure to tell your surgeon about any medications you are taking or plan to take throughout recovery. Vitamins, minerals, and herbs can also interact with medications.
- Receive directions to the facility where you plan to have the procedure.
- Request a list of your surgeon's pre-operative and post-operative instructions, which can include:
 - a) showering recommendations
 - b) medications that need to be taken or stopped prior to the procedure
 - c) supplies that you will need after surgery
 - d) policies on smoking cessation, if applicable
- After hours contact information for your surgeon.

The Days Before Surgery

- Purchase any supplies that you will need for recovery.
- Follow instructions provided by your surgeon regarding medication.
- Fill any post-operative prescriptions necessary after the procedure.
- Coordinate with a friend or family member who can drive you home after the procedure and possibly stay with you for the first few days after surgery.

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The Night Before Surgery

- Pack your bag the night before surgery. Bring any personal items that you might need.
- Bring a container to hold your eyeglasses or contact lenses.
- Bring comfortable clothes to wear after the procedure.
- Bring your insurance card.
- Follow instructions regarding food and drink.

The Day of the Procedure

- You will receive a list of discharge instructions and medication instructions.
- You will receive emergency contact information
- Be certain to have someone stay with you for the amount of time recommended by your surgeon.