

Surgery Check List & Quick Access Form

One of the best ways to have a great outcome from surgery is to be well-prepared. Once you've scheduled your surgery, it is important to begin preparing for the procedure as soon as possible. Your efforts before surgery can have a positive impact on your recovery after surgery.

Simple things, such as eating a well-balanced diet can be very beneficial, quitting smoking and arranging help will improve your ability to heal quickly. Below are some practical suggestions to help make your surgery as successful as possible.

- You should have received a packet with pre and post-operative instructions. Make sure you have read all the information and ask questions if anything is unclear.
- Do not eat anything after midnight the night before your surgery including fluids, mints and chewing gum. On the morning of your surgery, take only the medications that your surgeon specifically wanted you to take, with a sip of water. When brushing your teeth, do not to swallow the water you rinse with.
- Call your surgeon if you feel ill or have a fever; your surgery may need to be postponed. Your surgery will have the best outcome if you are as healthy as possible when it begins.
- Make arrangements for transportation to and from the hospital or surgery center. Some patients will require more assistance after their surgery than others. In any case, you should arrange for a reliable person to transport you to and from the hospital for your surgery. Driving yourself is unsafe as anesthesia drugs can affect your ability to drive and to make decisions quickly.
- Be sure to leave your jewelry, credit cards, cash and any other valuables at home. The staff will not be able to protect your belongings while you are in surgery and they will be vulnerable to theft or loss.
- Don't forget to take your insurance card, personal identification and a list of any medications you are currently taking with the dosage you are taking.
- Have the name, phone number and hours of operation for your local pharmacy in case there is a need to phone in a prescription.
- Make arrangements for a friend or family member to check in on you during your recovery either at home or the hospital. If your recovery lasts more than a few days you may want to arrange for help around the house. You may be unable to perform typical household duties that require standing for extended periods of time or bending and lifting, such as washing dishes and doing laundry.
- When recovering at home, it is important to know when to notify the surgeon of any complications that arise after surgery. When to call: Please call the office number at anytime if you develop a fever >101 , vomiting, inability to swallow, severe chest or abdominal pain, or redness or drainage from the incision sites.

Day of Surgery List:

Use this form to keep organized on the day of surgery

Allergies: _____

Medications: _____

Pharmacy: _____
(location and phone number)

Driver: _____
(name and phone number)

Emergency Contact: _____
(name and phone number)