

# “TO-DO” LIST BEFORE YOUR SURGERY

Note: You can drink water up until the time you leave your house for surgery.

## “TO-DO” LIST BEFORE SURGERY:

Program your surgeon’s phone number into your phone.

Put extra ice in the freezer.

### Have on hand:

- Tylenol (if you are able to take it)
- Nightlights in bathroom and hallways
- Sturdy sneakers or shoes
- Thermometer

Print a calendar to keep track of doctor’s appointments.

Arrange for a ride home after surgery.

Arrange for someone to take your pets outside while you recover.

Check with your PCP to make sure immunizations are up to date.

**REMEMBER:** Arrange to have a friend or family member available to help you after surgery.

## SET UP YOUR HOME FOR RECOVERY:

Place your medications next to your chair and/or bed.

Prepare ready to eat meals in advance.

Stock plenty of fluids to drink.

Place these items next to your chair:

- A pad of paper and pen
- The calendar printout
- Your phone

Remove all scatter rugs, toys, lamp cords and other items you could trip over.

Be mindful of where your pets are at all times.  
Take extreme care not to trip over them.

## CALL YOUR SURGEON IF:

- You spike a fever
- You have uncontrolled pain or swelling
- There is drainage from the wound
- You have problems and/or side effects from the medication

**CALL 911 IF YOU HAVE  
CHEST PAIN OR  
SHORTNESS OF BREATH**

**Holy Family  
Hospital**

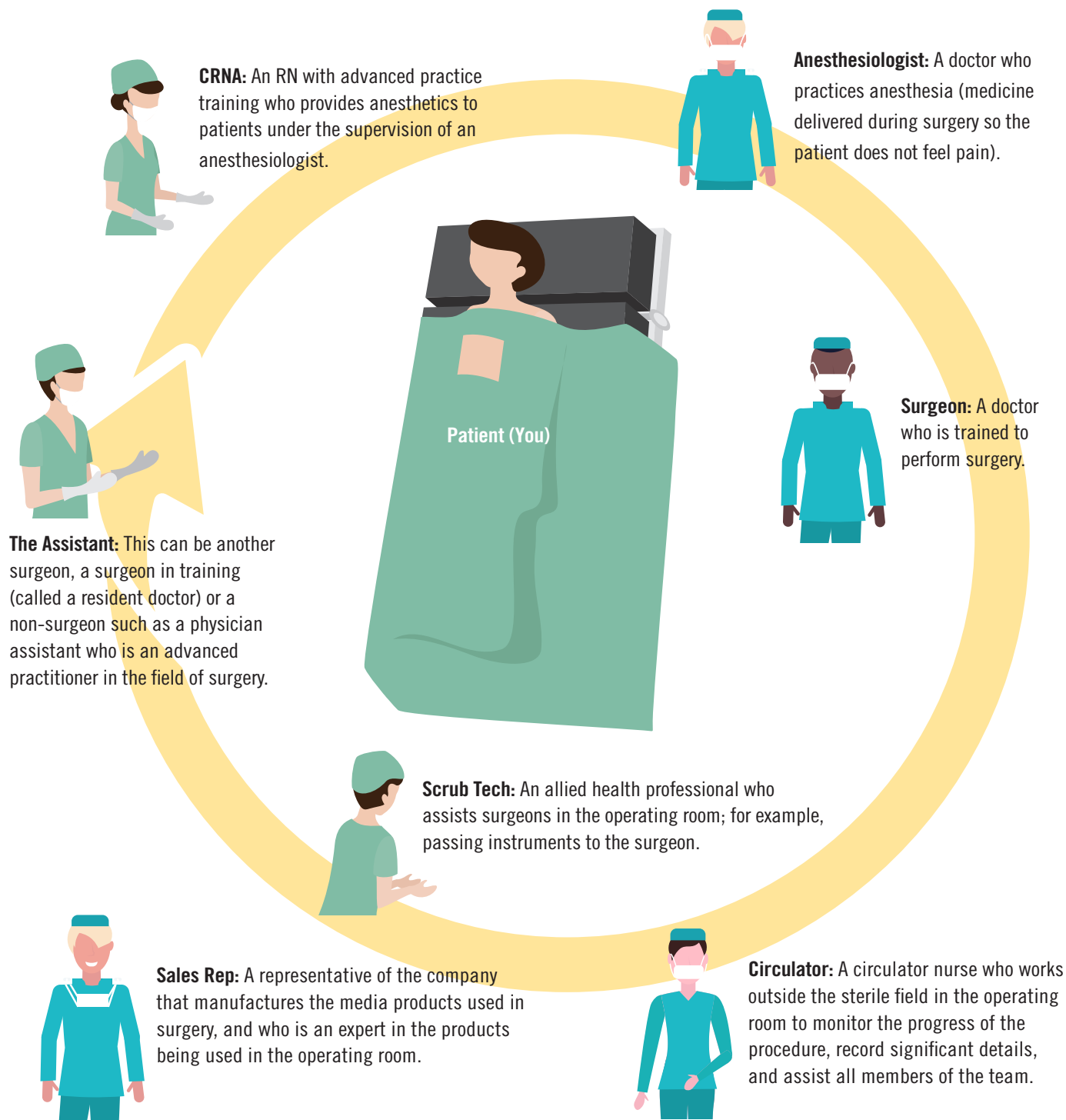
**Methuen • Haverhill**  
A STEWARD FAMILY HOSPITAL



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# WHO IS IN THE OPERATING ROOM WITH YOU?



# MAKE A HOMEMADE ICE PACK



Pour 1 part dish soap and 3 parts water into a Ziploc freezer bag, no more than ¾ full.

Remove as much air as possible and seal the bag tightly; put it into a second Ziploc freezer bag to ensure that the liquid doesn't leak out.

Freeze the bag for a couple of hours. The bag can be refrozen and used multiple times.

# STAY ACTIVE!

Don't be afraid to move after your surgery. The more you move, the faster you will recover. Get up and take a walk around the house several times a day.

