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"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

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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



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WHO IS IN THE OPERATING ROOM WITH YOU?



CRNA: An RN with advanced practice training who provides anesthetics to patients under the supervision of an anesthesiologist.



Anesthesiologist: A doctor who practices anesthesia (medicine delivered during surgery so the patient does not feel pain).



The Assistant: This can be another surgeon, a surgeon in training (called a resident doctor) or a non-surgeon such as a physician assistant who is an advanced practitioner in the field of surgery.





Surgeon: A doctor who is trained to perform surgery.



Scrub Tech: An allied health professional who assists surgeons in the operating room; for example, passing instruments to the surgeon.



Sales Rep: A representative of the company that manufactures the media products used in surgery, and who is an expert in the products being used in the operating room.



Circulator: A circulator nurse who works outside the sterile field in the operating room to monitor the progress of the procedure, record significant details, and assist all members of the team.



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.



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.



