

Pre-surgery Checklist

Getting Ready for Surgery

At Holy Family, we want to make sure that you are prepared for your surgery in order to ensure the best outcome possible. There are some medical factors for you to prepare for and some lifestyle preparations you can make to smooth the eventual transition from hospital to home.

Two weeks prior to surgery

- Make sure that your pre-admissions testing is complete.
- Since many joint surgery patients have been taking anti-inflammatories (aspirin, Motrin, Naproxen, etc) it is important to remember to STOP TAKING THESE MEDICATIONS. The concern is that these drugs, while helpful in controlling your pain, may cause increased bleeding during surgery.
- If you are taking any supplements, such as Glucosamine and Chondroitin, please stop taking them 5 days prior to surgery.
- If you are taking blood thinners such as Coumadin, Plavix, or Trental, talk to your doctor and determine the plan of action.
- All other medications should be reviewed with your doctor --- it is important to know what you are taking (including supplements like Iron, Vitamin E and herbals).

One week prior to surgery

Getting your house ready for your return after surgery is something you may not think of before surgery. Here are a few things that will make those first days home worry-free:

- Do a whole-house cleaning, do your laundry and put it away, and put clean linens on your bed.
- Do any grocery shopping; pre-cook meals and put them in the freezer.
- Do all your outside work now. Mow the lawn, fix up the garden.
- Call and get your newspaper stopped and have someone pick up your mail.

- If you have any pets, arrange to have someone take care of them.
- Check your house for potential accidents: pick up any throw rugs and tack down any loose carpeting; check hallways for things you might trip on such as electric cords; put nightlights in the bathrooms, bedrooms, and hallways.
- Do you have a remote control for the TV? A portable phone? These would be good items to have to make your life easier.
- Make sure you double check your instructions from Holy Family, your doctor, and your insurance provider.
- No alcohol 48 hours prior to surgery.
- Pack basic necessities for your use at the hospital: personal hygiene items, loose fitting clothes, flat shoes. Do NOT pack valuable jewelry, or large sums of cash.
- Free WiFi is available, feel free to bring a laptop.

Identify and bring important documents:

- A list of all your current medications
- Healthcare Proxy or Power of Attorney authorization

The day and night prior to surgery

- During the day prior --- Holy Family Hospital will call to confirm what time you should plan on arriving. Usually you will be asked to come to the hospital several hours before the surgery for preparation.
- During the night prior --- Unless otherwise instructed, do NOT eat or drink anything at all (even water) after midnight. Also, do NOT chew gum or smoke.
- All cardiac medications should be taken with a sip of water the day of surgery. You should check with your surgeon or anesthesiologist regarding this.

Holy Family Hospital

A STEWARD FAMILY HOSPITAL

The logo for Steward Family Hospital, featuring a stylized blue cross shape with the word "Steward" written in white text across the bottom horizontal bar.

Steward