

# Surgery preparation checklist

Keep this checklist handy, and use it to prepare for your surgery. Make sure to ask your health care team any questions you have before the surgery.

Procedure: \_\_\_\_\_

Surgery date: \_\_\_\_\_

Important notes: \_\_\_\_\_



## Before your surgery date arrives

- Know the options for the location of your surgery, including hospitals and surgery centers. You can compare hospitals online at [medicare.gov/hospitalcompare](https://www.medicare.gov/hospitalcompare).
- Choose a hospital or surgery center and a surgeon.
- Meet with the surgeon to discuss your surgery and ask questions.
- Ask your surgeon what you should do before your surgery. Also ask how long your recovery should take.
- Ask your surgeon what tests you may need before your surgery.
- Discuss the recovery process with your surgeon or nurse.
- Check on your insurance coverage and any costs you may have to pay.
- Give your surgeon a list of all medications you take. This includes prescription and over-the-counter medications, herbal supplements, and vitamins.
- Complete all required paperwork, and ask questions if needed.
- Make a copy of the paperwork for your records.
- Confirm who will drive you to your surgery.
- Report any changes in your health to your surgeon before your surgery.
- If you suspect you are pregnant, notify your surgeon as soon as possible.
- If you have children, arrange for childcare if needed.
- Make sure you have extra help while you recover. Check with family members, friends, or caregivers.
- Discuss steps for your recovery with your surgeon or nurse.
- Make all appointments needed for after your surgery (such as follow-up visits and physical therapy).
- Ask your surgeon or nurse whom you should contact if you have more questions (such as a nurse hotline).
- Prepare your home to make it easier during your recovery (for example, avoiding the use of stairs).

# Surgery preparation checklist (continued)



## The night before your surgery

- Stop eating and drinking at the time determined by your surgeon.
- Remove any nail polish, makeup, jewelry, and piercings as your surgeon recommends.
- Complete any special preparations as your surgeon instructs.
- Take your prescribed medications unless your surgeon tells you otherwise.
- Stop using tobacco and alcohol at least 48 hours before your surgery or as your surgeon instructs.
- Ask your surgeon if you should follow any specific bathing or shaving instructions.



## On the day of your surgery

- Do not apply any hair products, lotions or creams, makeup, or other skin products.
- Brush your teeth and use mouthwash. Do not swallow water or mouthwash.
- Take any medication your surgeon permits with a little water.
- Bring the storage cases for your contact lenses, glasses, or dentures, if you wear them.
- Wear clothing that is clean, comfortable, and loose.
- Leave hairpins or hairpieces at home.
- Leave jewelry, extra money, and other valuables at home.
- Bring your insurance card and identification.
- Bring a copy of your advance directive, if you have one.
- Bring something to read or do while you are waiting.
- Bring a cashier's check, cash, or credit card to pay your co-payment or deductible.
- Limit the number of people who come with you to surgery.
- Bring overnight things if you will be staying overnight, such as something to read or do, any necessary clothing, and toiletries.