

# Before Surgery Checklist

Take an active role in your recovery by completing as many checklist items as possible before your day of surgery.

## Before Surgery (1-4 weeks)

- Arrange for your care partner to help with household duties and transportation after you return home.
- Get a front-wheeled walker (required), and practice using it in your home.
- Arrange for pet care (if needed).
- Begin eating a diet rich in protein and fiber and taking your Enhanced Recovery After Surgery supplements (if ordered).
- Call your doctor if you develop tooth pain, skin tears, abrasions, cuts, bites or shaving nicks that may still be present on the day of your surgery.
- Complete all pre-surgery testing appointments and labs.
- Drink plenty of water and/or sugar-free drinks.
- Practice your recovery exercises daily. (See pages 7-8.)
- Purchase ice packs (two large gel packs recommended).
- Schedule your first physical therapy appointment for two to three days after surgery.
- Prepare your home for your return.
  - Arrange your bedroom on the first floor, if possible.
  - Consider installing a raised toilet seat, shower chair and grab bars; find a reacher (suggested).
  - Reduce clutter.
  - Remove tripping hazards such as rugs and cords.
  - Stock your pantry and freezer with one week's worth of easy-to-prepare and make-ahead meals.

## Recommended Equipment

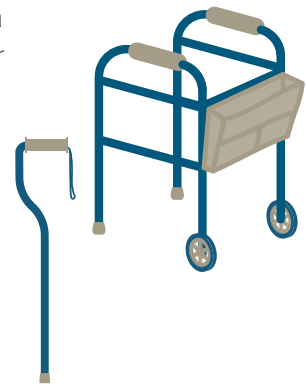
Having the following equipment will make moving around and taking care of your personal needs easier in the weeks following surgery.

### Mobility

**Front-wheeled walker:** You will initially use a walker after surgery; ask your nurse navigator about insurance coverage (*do not use a four-wheeled or rollator-style walker; it may not be stable*).

**Walker bag or tray:** Attach a bag or tray to your walker to help you carry items.

**Single point cane:** After you are done with your walker, you may use a standard cane for several weeks to help with balance.



### Bathing and Personal Hygiene



Elevated toilet seat



Grab bars and/or shower rails



Ice packs



Reacher



Tub/Shower bench