

# Preparing for Surgery

As you prepare for your surgery, you will need to make arrangements to give yourself some "responsibility-free" time after you go home. It is also important to make arrangements at work. The following checklists may be especially helpful in your planning.

## Making Arrangements at Home (check as completed)

- Make arrangements for someone to care for your children, parents, pets or other dependents while you are in the hospital and after you are home. Children must be with an adult at all times if they visit you in the hospital. The patient may NOT be the caregiver.
- Arrange to have someone such as family, friends, church members and/or neighbors available to help you when you return home.
- Cook and freeze nutritious meals so you will have some rest from the kitchen after surgery.
- When friends offer to help, ask them to provide a meal after your surgery or ask them to bring lunch and visit with you at the same time. You could also ask if they would run an errand for you. (Stock up on groceries and routine medications for yourself and your family before you have surgery.)
- Rearrange furniture items and sleeping quarters for your convenience if needed.
- Check your home for fall hazards such as slippery surfaces and scatter rugs. Consider purchase of safety items such as a bathtub mat, a shower bench, or a rail if needed.
- Call the Social Services department at 924-8456 if you have special needs for home care or sitter services. Social Services can work with you to explore available community resources.
- Take care of cleaning your house and doing laundry before surgery. You may not be able to do these tasks for a period of time after surgery.
- Arrange for transportation to and from the hospital.
- Call your health insurance company. Make sure they have approved your surgery and give you precertification numbers if needed.

If you have anesthesia, you must have a responsible adult drive you home.

## Making Arrangements at Work (check as completed)

- Talk with your supervisor about your need for surgery and how long you anticipate being away from work as well as any work limitations you expect when you return.
- Review your company's policy regarding medical leave and talk with your human resource representative if needed.
- Prior to surgery, meet with your supervisor to report the status of your work responsibilities.

