

Getting ready for surgery and my recovery checklist



1 Supports

- My support person is
- I know my healthcare team
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2 Is surgery right for me?

- I have spoken with my healthcare team about my surgical options
- I have told my healthcare team about my allergies and health history
- I have participated in shared decision making
- My medical team have reviewed my medical conditions

Notes

3 Things I can do myself

I have a plan to maintain my health and fitness before surgery including:

- Optimising and maintaining my weight with good nutrition
- Stopping smoking
- Building and maintaining my strength through exercise
- Stopping illicit drug use
- Emotional wellbeing
- I have spoken with my health care team if I need help in making lifestyle changes
- Reducing or stopping alcohol

Notes

4 Things I need help with

- I have booked an appointment with my GP to discuss management of:
- My medical conditions e.g. anaemia, heart disease, atrial fibrillation (abnormal heart rhythm), diabetes, high or low blood pressure.
- My medications
- My mental health

Notes

5 Tests before my surgery

- I have arranged any pre surgery tests including blood tests or scans

Notes

6 Preparing ahead for my discharge home

- I have asked how long I will be in hospital
- I know who will pick me up and take me home
- I know who will be staying overnight with you (day surgery)?
- I have arranged to have time off work
- I have arranged for my pets/dependents/family to be cared for
- I have informed my healthcare team if my circumstances have changed
- I know what signs and symptoms to look out for and when I need to seek help

Notes

7 What are my discharge options?

- I have discussed my discharge plan with my healthcare team
- I know my discharge options

Notes