

Preparation Guide: Personal Preparation

Listed below are some reminders and suggestions for things to accomplish prior to surgery so that your recovery period is as leisurely and stress-free as possible. Taking care of some of your responsibilities beforehand can allow you to focus on your recovery, not your workload.

- If possible, pay your monthly bills beforehand. Then you won't have to worry about making unnecessary trips out to the mailbox!
- It is sometimes necessary for you to give written or verbal consent for someone to pick up prescriptions on your behalf. Ask about your pharmacy's policy prior to surgery to see whether you will need to make arrangements accordingly.
- Write out a list of phone numbers, including your doctor's office and pharmacy, for your reference and for anyone who may be assisting you throughout the duration of your recovery.
- Write down the office hours of your pharmacy and doctor's office to ensure that you will never have to go without your necessary medications.
- Consider using a pillbox to help you keep track of dosages and to make sure that you're taking the right medications at the right intervals. It might also be helpful to create and update a medication chart.
- Make sure that all errands or household chores, such as washing dishes or doing laundry, are completed before your surgery. Strenuous activity is strongly discouraged, and you will need an abundance of clean clothing and dishes for your recovery period.

- Begin devising a grocery list the week before your surgery, and go to the store within a couple of days before your surgery so that your groceries are still fresh when you return home.

- On your grocery list, you should include milk and/or vitamin D, which promotes bone health. When buying milk, stick to the smaller containers that are easier to lift.

- It is highly recommended that you stock up on pre-made microwave meals or that you cook meals and freeze them for use after surgery. Microwavable meals are quick and allow you to avoid any movements that may put additional stress on your body, like hovering and bustling around the kitchen.

- Consider buying a reusable spill-proof drinking glasses with a straw. They are perfect for staying hydrated while resting in bed and lying down.

- Use paper plates and plastic silverware temporarily if nobody is available to help you wash your dishes.

- Make yourself comfortable! Set out loose-fitting clothing on your dresser or bed so that you can easily change without straining.

- Avoid wearing socks or slippers without tread on the bottom—they generally don't provide adequate traction and can be easy to slip or trip in.