SURGICAL CHECKLIST

# IS YOUR KITCHEN READY?

# Have on hand:

* Vanilla protein powder for shakes, frappes and smoothies
* Cut-up melon, berries, or other in-season fruit and vegetables
* Cold water, fruit juices, and energy drinks
* Protein bars such as Power, Balance, or Luna Bars
* Sandwich fixings
* Whole grain sandwich bread or wraps
* Ice

# IS YOUR MEDICINE CABINET READY?

# Useful items to stock up on include:

* Acetaminophen (e.g.Tylenol)
* Ibuprofen or naproxen (e.g. Advil, Aleve)
* Antibiotic ointment (e.g. Bacitracin, neosporin)
* Rubbing alcohol, witch hazel or peroxide
* Massage oil or lotion containing Vitamin E
* Sunblock (SPF 45 or greater) to put on your scars after surgery
* Sterile 4 x 4 gauze bandages

**ARE YOU READY FOR SURGERY?**

Practical matters to focus on prior to the day of your surgery:

* Are all of your questions answered?
* Have you read your pre-operative instructions thoroughly? Is all your paperwork gathered and in order?
* Do you know which hospital or surgical-center you are going to?
* Do you know exactly how to get there? (Seriously guys, do you really know how to get there?)
* Do you have someone to drive you? Remember: You will NOT BE ABLE TO DRIVE (physically or legally) or operate machinery as long as you are on narcotic medication.
* Have you heard from the hospital regarding what time you need to be there? (If you haven’t, call the operating room nurse at the hospital or check with your doctor’s office.)
* Is your stomach empty? Again, it is vital that you DO NOT EAT OR DRINK ANYTHING after midnight the night before your surgery. If you eat or drink anything after midnight, your surgery WILL be cancelled. Any type of anesthesia is more dangerous with something in your stomach due to the risk of vomiting.
* The night before surgery, take 2 acetaminophen tablets (if you have no sensitivities to Tylenol) after a shower with antibacterial soap. Use the sterile wipes as directed – See “Skin Prep Instructions”.
* If you already have crutches, remember to bring them. Be sure to practice your “touch-down” crutch walking.
* Bring your Cryo/Cuff or other icing device if you have one. (optional)

Also bring:

* + - A hydrated, rested body and mind
    - The ability to de-stress through conscious breathing
    - Some good reading material
    - A big smile, knowing you have done everything you can for a positive outcome!