Master Surgery *Prep Checklist*

Work through this list in the four weeks before surgery. Cross off what is done, skip what does not apply, and bring it to your pre-op visit.

MY SURGERY DETAILS

Procedure _____ Surgery date _____

Arrival time _____ Surgeon's office phone _____

After-hours number _____ Pharmacy _____

4 weeks before

- [ ] Stop all nicotine, following your surgeon's timeline
- [ ] Start a daily walk and gentle strength routine (if cleared)
- [ ] Write a full list of medications and supplements
- [ ] Ask which medications and supplements to pause, and when
- [ ] Choose your helper and your ride home
- [ ] Request time off and arrange childcare and pet care
- [ ] Start cooking and freezing soft, high-protein meals
- [ ] Complete any labs or clearances your surgeon requested

2 weeks before

- [ ] Pre-op visit: bring your questions and medication list
- [ ] Fill prescriptions you have been given in advance
- [ ] Order your procedure shopping list so it arrives in time
- [ ] Pause retinoids, acids and active skincare if advised
- [ ] Book any hair color or nails now, if you'd like them done
- [ ] Confirm your helper's schedule for the first 72 hours
- [ ] Plan easy entertainment: shows, audiobooks, puzzles
- [ ] Read your surgeon's written instructions twice

1 week before

- [ ] Set up your recovery nest, then lie down and test every reach
- [ ] Install the handheld shower head and shower chair
- [ ] Sort medications into a pill organizer
- [ ] Pre-wash recovery clothes
- [ ] Pack your surgery bag
- [ ] Stock water, electrolytes, protein and gentle snacks
- [ ] Clear walkways, rugs and cords from your path
- [ ] Charge devices and place long cables by the bed

1 day before

- [ ] Confirm arrival time and fasting instructions
- [ ] Shower exactly as instructed (special soap if given)
- [ ] Remove nail polish, jewelry and piercings
- [ ] Skip lotion, makeup and hair products
- [ ] Lay out loose, front-opening clothes
- [ ] Set out ID, insurance card and paperwork
- [ ] Put fresh sheets on the bed
- [ ] Get to bed early

Morning of surgery

- [ ] Follow fasting rules exactly, including water and gum
- [ ] Take only the medications your team said to take
- [ ] No makeup, lotion, deodorant or contact lenses if advised
- [ ] Wear your zip or button-front outfit and slip-on shoes
- [ ] Bring glasses case, phone charger and lip balm
- [ ] Leave valuables and jewelry at home

Home again

- [ ] Helper has your written discharge instructions
- [ ] First medications logged with the time
- [ ] Fluids and a light snack within reach
- [ ] Short walks as your surgeon instructs
- [ ] Compression garment on as directed
- [ ] After-hours number saved in your phone

NOTES FROM MY SURGEON'S OFFICE