



Surgery Preparation

CHECKLIST

→ The Month Before

- | | | | |
|--------------------------|------------------------------|--------------------------|----------------------------|
| <input type="checkbox"/> | Get a second opinion | <input type="checkbox"/> | Reduce alcohol consumption |
| <input type="checkbox"/> | Complete medical checks | <input type="checkbox"/> | Discuss relevant vaccines |
| <input type="checkbox"/> | Compile a medication list | <input type="checkbox"/> | Stop smoking |
| <input type="checkbox"/> | Prepare your medical history | | |

→ The Week Before

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|--------------------------|------------------------------------|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Clean with chlorhexidine | <input type="checkbox"/> | Reduce caffeine intake |
| <input type="checkbox"/> | Get screened for staph infections | <input type="checkbox"/> | Stop shaving near the surgical site |
| <input type="checkbox"/> | Coordinate your postoperative care | | |

→ During Your Stay

- | | | | |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Review your patient sheet & medication list | <input type="checkbox"/> | Request mattress pads |
| <input type="checkbox"/> | Check in regularly on equipment & medications | <input type="checkbox"/> | Clean your hands often with soap and water & sanitizer |