

Getting Ready for Surgery: A Checklist

Are you a smoker? You must stop smoking six weeks before the operation. It will help you to heal.

How will you get home after your surgery? You cannot drive yourself home.

By car? It must be large enough so that you can keep your foot up on the back seat while wearing your seatbelt.

By ambulance? There is a fee for this service.

By taxi?

By plane? Reserve a bulkhead seat when you make your reservations.

By ferry? Arrange in advance for a wheelchair to take you to the passenger deck. Your family physician has application forms available for reduced ferry rates for passengers who are returning from surgery.

Who will help with cooking, cleaning, shopping, laundry, etc. when you get home from surgery?

A home visit by an occupational therapist before surgery may be recommended by your family doctor or the Pre-Admission Clinic to make sure you can manage your activities at home.

What equipment will you need to purchase or rent for when you get home after surgery?

Raised toilet seat, commode or urine bottle?

Shower or bath tub safety rails?

Wheelchair ramp if there are stairs to get in and out of your home?

Should you arrange for a care attendant for your first night at home after surgery to help with your pain medication?

Are your telephones located in a convenient place so that you won't have to take stairs or rush to answer a call?

Can any family members or friends help you manage when you get home after surgery? If not, should you arrange for home care?

Will you need inpatient rehabilitation while you are in hospital? Talk to your surgeon about this before your surgery.