

Congratulations on scheduling your procedure!

There are many details that go into surgery planning. Often times, it is easy to forget the small stuff. The following pre and post-operative tips are meant to provide details that can make life easier before and after surgery!

- Clean your house - or have it cleaned.
- Unless you are lucky and have someone that can cook, shop for recovery food and treats like pudding, Jell-O, Carnation Instant breakfast; or cook your own meals and freeze them.
- Take out the trash, recyclables, etc. This way you don't have to worry about it later.
- Have all of your laundry taken care of.
- Pick up all of your medications beforehand.
- Have lots of movies, books, and magazines on hand. Books on disc are great too! You can get them at your local library.
- If you have children, consider having your parents or in-laws watch them the first few days.
- Have someone watch your pets if you don't feel you can care for them during your recovery.
- If you can't have your pets cared for, tend to their needs beforehand, i.e. put cans of food on the counter with the can opener so you don't have to reach or kneel for it. Change the litter box as well.
- Have lots of fluffy pillows on hand.
- Set up your nightstand beforehand with all of your medications, ample light, bottled water, a few packages of crackers, remote control (with new batteries) and the phone (fully charged).

- Buy bags of frozen peas or corn, which are good for post-operative icing. Place the frozen vegetables in smaller zip lock bags. They make perfect ice packs.
- A heating pad, hot water bottle or microwaveable pack is great if your back becomes sore from sleeping in a reclined position.
- If you start having difficulty sleeping, as the procedure gets closer, Dr. Ahn can prescribe a sleeping aid.
- Have some crackers, Cheeze-its or goldfish available to help alleviate nausea –especially on the way home. Bring a bottle of water for the ride home. Sipping cool water helps alleviate nausea.
- Place anything you may need at hip level so that you do not need to reach up or bend down. This means canned and dry goods in the kitchen and toiletries in the bathroom.
- Have a few comfortable oversized shirts that open from the front on hand, as well as some sweat pants or pajama bottoms.
- If you have long hair, a few scrunchies are great to put your hair back with to keep it out of your face, unknotted and out of the way.
- Some patients say it is difficult to open their mouth wide to brush their teeth. It can be helpful to have a child size toothbrush.
- A box of Kleenex is great to have on hand.
- Make time for yourself before your surgery; pour a bath, light some candles, listen to some music – relax. Try to gather your thoughts and sooth your mind.
- Last but not least, RELAX. Like Dr. Ahn mentions in the *Rapid Recovery Program*, increased anxiety can affect your recovery. Try to remember that you will heal, you will be less swollen and that you are going to look great! Just be patient.

Shopping List

- Medications from Pharmacy**
- Crackers, Cheez Its, or Goldfish**
- Pudding**
- Jell-O**
- Carnation Instant Breakfast**
- Frozen Peas or Corn**
- Zip Lock Sandwich Bags**
- Kleenex**
- Movies**
- Straws**
- Child size toothbrush**

**If you have any questions, please call the office at 508.366.2020.
Rebecca is more than happy to help you.**