



Surgery Preparation Checklist

Everything you need to do before, the day of, and after surgery

Before Surgery (1–2 Weeks Before)

- Understand your procedure and recovery timeline
- Ask your surgeon key questions
- Attend your pre-operative appointment
- Complete required labs or imaging
- Review medications with your doctor
- Stop medications as instructed (if applicable)
- Arrange time off work
- Plan transportation for surgery day
- Arrange help at home if needed

2–3 Days Before Surgery

- Confirm surgery time and arrival instructions
- Pick up prescriptions (if provided in advance)
- Prepare easy meals
- Set up a recovery area at home
- Wash bedding and comfortable clothes
- Arrange childcare or pet care



The Day Before Surgery

- Follow fasting instructions (no food/drink as directed)
- Shower if instructed (antibacterial soap if required)
- Remove nail polish or jewelry
- Pack your bag (see below)
- Confirm your ride and arrival time

What to Bring on Surgery Day

- Photo ID
- Insurance card
- Medication list
- Comfortable clothing
- Any required paperwork
- Glasses (instead of contacts)

Day of Surgery

- Do not eat or drink unless instructed
- Take approved medications only
- Arrive on time
- Leave valuables at home
- Follow all instructions from your care team



After Surgery (Recovery Setup)

- Have prescriptions ready
- Set up a comfortable recovery area
- Keep essentials within reach
- Arrange follow-up appointments
- Ask about warning signs or complications

Questions for Your Care Team:

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Disclaimer: This checklist is for general education and does not replace medical advice. Always follow your surgical team's instructions.

