Taking steps to a successful surgery

Being an active participant in the preparation for surgery can lead to better outcomes. Follow this checklist to stay on track to a successful procedure.

TMC HEALTHCARE

(02/2020)

4 weeks prior

- ❑ Talk to your primary care provider and any specialist providers (ex. heart doctor, kidney doctor) to get clearance for having surgery.
- ❑ If able, attend a pre-operative class at TMC. Call Central Scheduling at (520) 324-2075 to register.
- ❑ Start preparing your home for a safe recovery.

3 weeks prior

- ❑ Identify a surgery buddy.

2 weeks prior

- ❑ Attend Pre-Anesthesia Testing.
- ❑ Identify a physical therapist and set up an appointment for one week after the surgery date.

1 week prior

- ❑ Make sure you have completed the pharmacy selection sheet.

2 days prior to surgery

- ❑ Wash/change bedding for clean sheets.
- ❑ Shower in the evening using hibiclens wash provided by Pre-Anesthesia Testing.
- ❑ Wear clean pajamas.

Night before surgery

- ❑ Pack your surgery bag.
- ❑ Shower with hibiclens wash again.
- ❑ Do not eat or drink anything after midnight.

Day of surgery

- ❑ Bring your packed bag and front-wheeled walker.
- ❑ Remember no food or drink, unless SPECIFICALLY instructed differently by Pre-Anesthesia Testing or your surgeon.
- ❑ Bring your photo ID
- ❑ Form of payment for your pharmacy co-pay.