

Surgery can be a stressful time for some people. Here are some suggestions on how you can prepare for your operation:

Healthy Habits

In the time leading up to your surgery, consider staying as active as you can, eating a healthy diet, and consider cutting down on alcohol and tobacco. Optimizing your health before your operation will help you recover more quickly.

Arrangements

Arrange for someone to bring you home when you are discharged from the hospital. You may also want to have extra help when you get home as you recover from surgery.

Medications

Ensure your doctor is aware of which medications, vitamins and/or supplements you take. Your surgeon may want you to stop these before surgery. This is especially true if you take aspirin, blood thinners, hormonal birth control, or menopause hormone therapy. If you have to spend time recovering in the hospital, it is important for the surgical team to be aware of your medications so they can be ordered for you while you are at the hospital.

Knowledge

Ensure you know what surgery you are having done as well as the benefits, risks and alternatives to that procedure. You should also be aware of the expected recovery time in-hospital (if applicable) and at home. Your doctor will be able to answer these questions.