

## **Preparing for Surgery Checklist**

Surgery can be stressful. This checklist is designed to help you prepare for surgery with clarity and confidence. Completing these items ahead of time can reduce stress and support a smoother recovery.

### **Key surgery information**

- My date of surgery: \_\_\_\_\_
- My surgery location: \_\_\_\_\_
- My surgeon: Dr. Vega
- My planned procedure: \_\_\_\_\_
- My anticipated weight bearing status after surgery: \_\_\_\_\_

### **Preoperative medical clearance**

- Preoperative medical clearance completed - please call 216-444-6612 to schedule
- Preoperative labs and/or imaging completed (if ordered)

### **Physical therapy preparation**

- I have scheduled physical therapy within 2 weeks of my surgery - please notify the team if this is not completed prior to surgery

### **Nutrition preparation**

- I understand the importance of perioperative (before and after surgery) nutrition and have a perioperative nutrition plan

### **Pain control and recovery planning**

- I understand the multimodal/comprehensive pain control plan

### **Durable medical equipment**

- Ice machine (cryotherapy) device obtained and ready
- Crutches or walking aids available (for lower extremity surgery only)

### **Home preparation**

- Loose-fitting clothing ready for after surgery

### **Transportation and support**

- Ride to and from surgery arranged
- Responsible adult available to stay with me after surgery
- Help arranged at home for the first few days, if needed

### **Work, school, and logistics**

- Time off from work or school arranged
- Employer or school notified, if needed
- Disability or FMLA paperwork started or completed, if applicable

### **Questions and final reminders**

- I understand I should not eat or drink anything after midnight the night leading up to my surgery
- I know to use my night-before-surgery skin wipes
- All remaining questions have been discussed with Dr. Vega or the care team