



Surgery Preparation Checklist

One Week Prior



Day 1:

- Print this Checklist
- Review Nutritional Guidelines

Day 2:

- Check Upper Body Range of Motion in the Mirror

Day 3:

- Journal Your Feelings About Surgery

Day 4:

- Meal Plan using Nutritional Guidelines
- Meal Prep (freezer meals for post-op)

Day 5:

- Walk and Document your Heart Rate

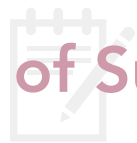
Day 6:

- Prepare Your Post-Op Space
- Ask for Help- even if it's something small

Day 7:

- Review the Pre-Op Checklist
- Have surgery prescriptions filled at pharmacy

Day of Surgery



- Bring Insurance Cards, Payment and/or any Required Paperwork with You
- Wear Button Down Shirt to Reduce Need for Lifting Arms Overhead
- Have Post-Op Medications Ready at Home
- Take a Deep Breath, You Got This!
"Strive above all else to keep a calm, restful spirit..." - Frances De Sales