

OUR 10-STEP PRE-SURGERY CHECKLIST

This checklist is a guide to assist you as you prepare for your upcoming surgery with Dr. Timothy Janiga.

- Prescriptions/Labs:** Fill any prescriptions prescribed by Dr. Janiga. Please complete any lab tests required at least 1 ½ weeks prior to your surgery. Don't forget to put on the Scopolamine patch, behind your ear, the night before surgery if you have a history of post-operative nausea or vomiting.
- Meal Prep:** Get some groceries and have prepared meals on hand. Have simple foods ready to eat (crackers, soup, Jell-O, yogurt, oatmeal, protein shakes). Have those flexible straws on hand – makes drinking much easier!
- Reading material:** Buy those best-sellers you've been meaning to read or stock up on your favorite gossip magazines. You also might consider joining Netflix or rent those "must see" Red Box movies to keep you busy while you are recuperating. If you are having eyelid surgery, audio books are great as you will not be able to stare at a screen.
- Ice Packs:** Have ice-packs or frozen veggies on hand to use to help reduce that post-operative swelling. We recommend having 3 ice packs or frozen veggies on hand, so they can be rotated.
- Hygiene:** Purchase wet wipes and/or make-up removal pads. These will help you freshen up during your initial postoperative period, when you can't shower or bathe.
- Driver and After Care:** Make arrangements for an adult to take you to and from the surgery center. Don't forget a caregiver! You will need a caregiver for the first 24 hours post-surgery. You will want the help! Put your feet up and rest! Arrange any childcare (for the 2 legged & 4 legged kinds) if needed.
- Preparing your recovery space:** The little things you'll want in your reach: prescriptions, comfy pillows, extra blankets, Purell, lip balm, gum or mints, tissues, snacks, phone charger, and whatever else your heart desires while you are recovering. You should have a full water bottle near you at all times to stay hydrated.
- Recovery Clothes:** Get your hands on some button down or oversized shirts and stretchy pull-on pants. Set them out for easy accessibility and comfort. We do provide a bra or compression garment; however, having backups might be handy. Spanx type clothing to wear underneath your comfy clothes is good to help with compression. **Buy your undergarments bigger as you will be swollen. For bras, it's much easier if they secure in the front and NO underwire.*
- Make a "Honey Do" list:** Remind your significant other/caretaker of what needs to be done while you are healing (pay bills, change thermostat settings, errands, feed the pets, and pick the children up from school or whatever the case may be).
- Helpful Tips:** Stool softeners are highly encouraged (Colace, Milk of Magnesia, MiraLAX, or Smooth Move Tea) while taking pain medication. Trust us; you'll be happy and much more comfortable.