

Pre-Surgery Readiness Checklist

Please ensure each of the following steps is completed to ensure your safety and optimal healing.

- ☐ **Attend Your Consultation:** Make sure you attend your pre-operative consultation so your surgeon can assess your needs, deeply explain the surgery, and answer any questions you may have.
- ☐ **Stop Smoking:** If you smoke, it is important to stop a few weeks before your surgery, as smoking can disrupt blood flow and slow down the healing process.
- ☐ **Adjust Medications & Supplements:** Follow your surgeon's advice on which medications and supplements to stop or adjust before surgery to reduce the risk of bleeding or complications.
- ☐ **Prepare Your Recovery Space:** Set up a comfortable, clean recovery area at home with loose clothing, sanitary pads, prescribed medications, and other essentials within easy reach.
- ☐ **Arrange Transport and Support:** Plan for someone to take you home after the procedure and, ideally, stay with you for the first 24 hours to provide assistance and reassurance.
- ☐ **Follow Fasting and Hygiene Instructions:** Carefully follow all fasting and personal hygiene instructions provided by your surgical team to ensure your procedure is carried out safely.