

Recovery Care Checklist

Please use this checklist to help get ready for surgery. Preparation can help keep you safe and comfortable after your procedure.



RECOVERY ROLE	NAME	PHONE NUMBER
Drop-off and pickup for procedure?		
Overnight caretaker?		
Child care help for next 2 weeks?		
Care for pets?		

DONE	PREPARING YOUR HOME AND SCHEDULE (Start 2 weeks before procedure)
	Vacation or time off arranged
	Bills are paid
	Lawn maintenance and home cleaned
	Medications and supplements on "Do not use" list are stopped
	No important social events or appointments for first 2 weeks after procedure

DONE	GATHERING SUPPLIES FOR AFTER SURGERY
	Velcro shoes and sweatpants with drawstring (tummy tuck)
	Comfortable button-up shirts and pajamas (no pullovers)
	Reclining chair (preferred) or extra pillows to prop on bed
	Paper plates, plastic utensils, disposable cups
	Premade meals for 1 week
	Reading material (Books, magazines, etc.)

DONE	AFTER YOUR PRE-OP APPOINTMENT
	Fill prescriptions for home medications and meds for surgery
	Make sure household items are within easy reach
	Hydrate and eat balanced diet
	Pick up docusate or similar anti-constipation over-the-counter from pharmacy

DONE	WITHIN 24 HOURS OF SURGERY
	Check with office for arrival time
	No food/drink 8 HOURS BEFORE SURGERY (Confirm exact time with anesthesiologist)
	Shower with antibiotic soap per pre-op directions
	Double check that house and recliner/bed are set up for use after surgery

CALL GALLATIN PLASTIC SURGERY AT (406) 577-2346
WITH ANY QUESTIONS