



THINGS TO REMEMBER



Stay on top of pre-surgery logistics

- Sign up for myPennMedicine! This will be useful for contacting your doctor's office after surgery. It's easy and all online mypennmedicine.org
- Create a transportation plan – know who will take you to and from the hospital.
- Pack a small bag with glasses, contacts, hearing aids, dentures, and clean, comfortable clothing to wear home. If you use a cane, walker, or CPAP, bring it! The hospital also has internet, so bring your phone and tablet if you would like.



Prepare for your homecoming

- To help prevent infection have plenty of clean sheets, towels, and comfortable clothing so friends and family can concentrate on YOU and not chores.
- Be sure you have a stock of food for when you come home from the hospital; prepare some meals now that are easy to reheat
- Make sure that your bathroom is easy to get to. Think about where you would like to spend most of your time recovering.
- Make plans with friends and family so you have the help you need with meals, bathing, laundry, and cleaning when you come home from the hospital.



Nutrition: Know how to fuel your body to recover faster

- Do not drink alcohol for at least 24 hours before surgery. Alcohol can react with some of the medicine you will get at the hospital.
- Did you know that high protein foods promote healing? Learn about a "Healthy Plate" at choosemyplate.gov



Get in Tip Top Shape

- Exercise will help get your body fit for surgery. If you exercise regularly continue to do so. If you don't, add some activity to your day. Even a 15 minute walk daily can help get you fit.
- For those who smoke: Talk to your doctor if you need help to stop smoking. When you stop smoking you reduce the risk of lung problems and promote healing. Other resources are: 1-800-QUIT-NOW or visit smokefree.gov