How to Prepare for the Hospital: One Week Before Your Surgery

To Do List:

☐ Read the Patient Education Guide and bring it with you to the hospital

☐ Stop shaving-- this will help prevent infection

☐ Stop smoking and using other tobacco products
  ○ Talk to your doctor, or visit www.smokefree.gov for information and support

☐ Plan to stay with someone for the first week after your surgery so that you are not alone
  ○ Either make arrangements to stay with a friend or family member, or make sure someone can come stay with you in your home

☐ Plan to have someone help you pick up groceries, pick up your prescriptions, and take you to your follow up appointments

If you have any questions, refer to your Patient Education Guide or talk to your doctor

Visit: www.medstarhealthinfocus.org for more education about your surgery