

3-4 weeks before surgery

- Did I take an appropriate time off work? (FMLA paperwork)
- Have I arranged transportation to and from surgery?
- Do I have an adult available to stay with me for at least 24 hours after surgery?
- Do I have a support team in place for 1-2 weeks after surgery?
- Did I need/get medical clearance and/or necessary labs?

2 weeks before surgery

- Did I quit smoking/vaping nicotine products?
- Did I take pre-surgery photos in my favorite outfits?
- Did I pick up my prescriptions from the pharmacy?
- Did I get my garment?
- Did I purchase all necessities from the "shopping list" provided for me?
- Do I have comfortable post op clothing?
- Have I stopped taking aspirin products/ibuprofen/naproxen?

Night before/day of surgery

My bag is packed with:

- Loose fitting, front opening PJs
- Garment
- Medications
- I have showered
- I have no fingernail polish on or body jewelry in
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**
- I am leaving all valuables at home