

# Preparing for Surgery at Southcoast Health

## 1. Meet with Your Care Team

Before your procedure, be sure that you feel comfortable with your care team, including your surgeon, nurses and staff. Don't be afraid to ask any lingering questions about getting ready for surgery, how long it will take, and what to expect as far as pain and recovery time afterward. You will likely also receive paperwork about getting ready for your surgery and what the procedure will involve. Your doctor at Southcoast will be happy to walk you through every aspect of the surgical process and ensure you feel ready for the big day.

## 2. Follow Your Pre-Op Instructions

You can help your surgery go smoothly by closely following the pre-op instructions provided by your care team. This may include what and when to eat, what to wear and what to bring with you to your surgery appointment (like any medications). Being careful to stick to these guidelines will help your surgery be as effective as possible.

## 3. Make Post-Op Preparations

Before the day of your surgery, make sure you think through what it will be like when you come back home. This may mean having a caretaker nearby for a few days or organizing a ride to and from your physician practice. You can ask your care team about what help you may need during your recovery process, and what to do if you experience complications.