



Preparing for surgery: checklist

1. Complete the required paperwork and arrangements in advance

- Read the information from Dr Boyle and make a list of what you need to do
- Complete all patient and medical history forms and return them to Dr Boyle
- Complete all pre-operative medical tests, as required
- Attend the pre-admission clinic, unless advised otherwise by Dr Boyle
- Keep your scans and reports together to take with you to hospital
- Make arrangements for rehabilitation treatment after you leave hospital

2. Get yourself ready for surgery

- Stop taking any medications as advised by Dr Boyle and other medical practitioners
- Complete any dental treatment at least six (6) weeks before surgery
- Avoid any procedures in the two (2) weeks before surgery
- Avoid cuts, scrapes, skin infections or irritations before surgery. Do not use hair removal creams and avoid shaving or waxing within 5 days of surgery.

If you have any concerns about your readiness for surgery, contact the team at Boyle Orthopaedics

3. Get your home ready for your return from surgery

- Meals: prepare, buy or arrange for meals when you're first home
- Clothing: have loose, comfortable clothing ready for your return
- Daily items: place clothing etc. at arm level to avoid bending and reaching
- Home help: arrange help for cooking, shopping, bathing, laundry, pets, driving etc.
- Trip and fall hazards: remove all hazards such as loose rugs and cords
- Mobility aids: hire or buy items, e.g. walking stick, reacher, long-handled equipment)
- Adapted furniture: as advised by your Occupational Therapist (OT), hire or buy items, e.g. raised toilet seat, shower chair, stable chair with two arms
- Home modifications: as advised by your OT, install safety measures, e.g. bathroom handrails, anti-slip mats



4. Pack everything you need for your surgery and hospital stay

- Medicare and private health fund cards
- Government concession and health care cards
- Medication: bring all the medications and herbal supplements you're currently taking
- Scans and reports: bring all scans and reports related to your surgery
- Clothing: pack comfortable day and night clothing, underwear, socks etc.
- Footwear: bring comfortable shoes, slippers etc.
- Toiletries: bring your regular toiletries
- Entertainment: bring books, magazines etc.

5. Arrange help from family and friends

- Give family and friends accurate contact details
- Arrange transport for returning home from hospital
- Arrange pet and garden care while you're away
- Arrange a contact person for any emergency
