



# Preparing for your operation: a checklist

For planned orthopaedic surgery

Good preparation helps your operation go smoothly and supports a quicker recovery. Use this checklist in the weeks before surgery. Always follow the specific instructions from your hospital's pre-operative assessment team.

## In the weeks before surgery

- ☐ Attend your pre-operative assessment, and take a list of all your medicines and any allergies.
- ☐ Ask which medicines to stop or change before surgery, for example blood thinners, diabetes medicines, some anti-inflammatories, and hormone treatments.
- ☐ Stop smoking, or cut down as much as you can. This reduces the risk of wound and chest problems.
- ☐ Keep alcohol within recommended limits.
- ☐ Keep active and practise the exercises you have been given. Stronger muscles help recovery.
- ☐ Have any dental problems treated before surgery.
- ☐ Look after the skin on the leg. Avoid cuts, scratches, insect bites and shaving the area.

## Getting your home ready

- ☐ Remove trip hazards such as loose rugs and trailing cables, and make sure walkways are well lit.
- ☐ Have a firm chair with arms at a comfortable height.
- ☐ Put things you use often at waist height.
- ☐ Stock up on easy meals and essentials.
- ☐ Arrange for someone to take you home and, ideally, stay with you for the first few days.
- ☐ Arrange help with shopping, pets and caring responsibilities.

## What to bring to hospital

- ☐ Your medicines in their original packaging, and your list of medicines
- ☐ Loose, comfortable clothes and well-fitting shoes or slippers with a back
- ☐ Your walking aids, if you already have them
- ☐ Glasses, hearing aids and phone charger
- ☐ Any letters or paperwork from the hospital

## The day of surgery

- ☐ Follow the fasting instructions you are given for food and drink.
- ☐ Shower on the morning of surgery, unless told otherwise.
- ☐ Remove jewellery, nail varnish and make-up.
- ☐ Do not shave the area of the operation.

**Sources.** This guide is based on Mr Umar's practice and is guided by NICE and British Orthopaedic Association (BOA) guidance: NICE NG180: Perioperative care in adults; NICE NG157: Joint replacement (primary): hip, knee and shoulder; NICE NG89: Venous thromboembolism in over 16s - reducing the risk; British Orthopaedic Association (BOA) - guidance and patient information.

## Tell us before your operation

Contact Mr Umar's secretary before the day of surgery if you:

- Develop a cough, cold, chest infection, urine infection or feel unwell
- Have a cut, sore, rash or infection on the leg or anywhere on the skin
- Start any new medicines, including antibiotics
- Need to change or postpone your operation



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### Questions?

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*This is general guidance. Always follow the specific advice from your own clinical team, as your care may differ.*

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