

## Preparing for Surgery

These are suggestions/actions may be helpful to you as are recovering from surgery...

- **Home Preparation**

- Ask for help: enlist others ahead of time to help with household activities
  - Childcare
  - Housework
  - Meals
  - Transportation
- Practice single-handed skills beforehand:
  - Dressing & Undressing
  - Using the toilet
  - Brushing your teeth
  - Showering
- Prepare ahead of time for the first few days after surgery
  - Open & lightly reseal cans, bottles & medications you might need
  - Buy no-cut meats or ready-made meals to heat and eat

- **Helpful items to have**

- In the shower and bathroom
  - DO NOT ALLOW THE SPLINT/DRESSING TO GET WET
    - Plastic bags with rubber bands or tape to cover the dressing. You can use garbage bags or the bag the newspaper comes in. There are also commercial “cast covers” available from CVS/Walmart/Amazon etc. etc.
    - Shampoo/conditioner/toothpaste with flip tops
    - Consider an electric razor
    - Dental floss with a “Y” handle
- In the Kitchen
  - Rubber jar opener mat
  - Electric can opener
  - Paper plates and cups
- In the Bedroom
  - Back Scratcher
  - Large sleeve shirts and tops
  - Sports bra or camisole

Choose clothes without buttons, fasteners in back or drawstrings.