

Be Involved in Your Surgery

It's normal to feel worried or even a little scared about having surgery. Know that your healthcare providers will do all they can to take good care of you.

There's lots you can do, too, to help keep yourself safe. Follow this checklist for tips on what to do before and after surgery.

Do: Speak up. Talk with your healthcare provider about any questions or concerns you have. **Do:** Tell your provider about all the medicines you take. This includes prescriptions, over-the-counter medicines, herbs, and supplements.

Do: Read the informed consent form and ask questions before signing it if something is unclear. **Do:** Know when to call your healthcare provider after your surgery, such as when you may have an infection.

Do Not: Eat or drink anything before your surgery, as directed. **Do Not:** Forget to take your medicines as directed after your surgery. **Do Not:** Get your bandage or surgery site wet for as long as your provider says. **Do Not:** Forget to go to your follow-up visit.

You have an important role in your surgery. Follow this checklist to work with your healthcare providers to make sure everything goes well.