

Be an Empowered Patient

Before and After Surgery

BEFORE SURGERY

- Tell them about your previous surgeries
- Tell them if you are pregnant or breast-feeding
- Tell them about your other conditions
- Ask about the expected length of your hospital stay
- Ask for personal hygiene instructions
- Ask how to control your pain when needed
- Ask about fluid or food restrictions
- Make sure the correct site of your surgery is clearly marked on your body



Be an Empowered Patient

Before and After Surgery

AFTER SURGERY

- Tell them about unexpected reactions or complications
- Ask for personal hygiene instructions
- Ask them how you can prevent infections
- Ask them when you can resume having food and fluids
- Ask when you can resume normal activity
- Ask what you should avoid doing after surgery
- Ask about the removal of stitches and plasters
- Ask when you should have a follow-up visit the hospital
- Ask about any potential side effects of prescribed medications

