

Please note!

This information does not replace the information you receive from your surgeon. If there are any differences, you should follow the information from your surgeon.

BUY, BORROW, AND DO

CLOTHING & BEDDING

- Roomy button-down shirts (you won't be able to lift your arms up to put on a t-shirt)
- Easy-to-slip-on PJs or sweatpants
- Easy-to-slip-on shoes
- A bathrobe with pockets (a handy place to put your drains)
- Two weeks' worth of clean clothes
- Pillows to keep you comfortable and supported
- Put fresh sheets on the bed

FOOD & HOME

- Prepare a week's worth of meals
- Stock up on groceries
- Move frequently-used items in your bedroom, kitchen & bathroom, etc. to places that do not require reaching
- Re-usable straw
- To avoid infections after surgery, make arrangements so pets will not be near your drains, open wounds, or in your bed until after your drains are removed (approximately two weeks)

PERSONAL CARE (AS NEEDED):

- Get a hair cut
- Close shave (but not the surgical site during the day before surgery)
- Clip finger nails/toe nails/pedicure
- Get some baby wipes to help feel clean until you can shower again

WORK (IF RELEVANT)

- Apply for a leave of absence from work
- Apply for [Medical Employment Insurance](#)
- Create a return-to-work plan with your employer

For more information, please visit transcarebc.ca

MEDICAL CONSIDERATIONS

- Any special soaps your surgeon recommended you buy
- Any bandages your surgeon recommended you buy
- A good supply of your usual prescriptions
- Gravol or ginger to help with nausea (optional)
- Prune juice or stool softeners to help prevent constipation from anathesia and pain medication (optional)
- If you qualify for the First Nations Health Authority's [Health Benefits Program](#), you may be able to recieve coverage for your compression vest.
- Book post-op appointments with your doctor or nurse practitioner (based on your surgeon's recommendations)
- Consider filling out a Representation Agreement to name someone you trust to make healthcare decisions for you in case you are not able to make them yourself
- Some providers charge fees for filling out paperwork (ie: for time off work or travel forms). Set aside some money (\$30-\$60) just in case it is needed

EMOTIONAL AND SPIRITUAL CONSIDERATIONS

- Find meaningful activities you can participate in during the healing process (e.g. mindfulness, spiritual gatherings, meditation, support groups, sharing time with others)
- Stock up on items you use for ceremonial practices (e.g. smudge or brushing items)
- Stock up on art supplies (e.g. beading, watercolor paints, sketchbook, etc.)
- Make appointments for before and after surgery with your counsellor, mentor, elder, or mental health worker, if applicable
- Connect with others who have had this surgery
- Make a list of things you are looking forward to after surgery
- Write yourself a letter with words of encouragement for when you feel down