

# When My Doctor Recommends Surgery

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Topic 7

# **BEFORE:**

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**Deciding to Have Surgery and  
How to Plan and Prepare**

**What are some questions you might ask if you are considering having surgery?**

# Saying Yes or No to Surgery

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Questions you may want to ask your doctor about your surgery:

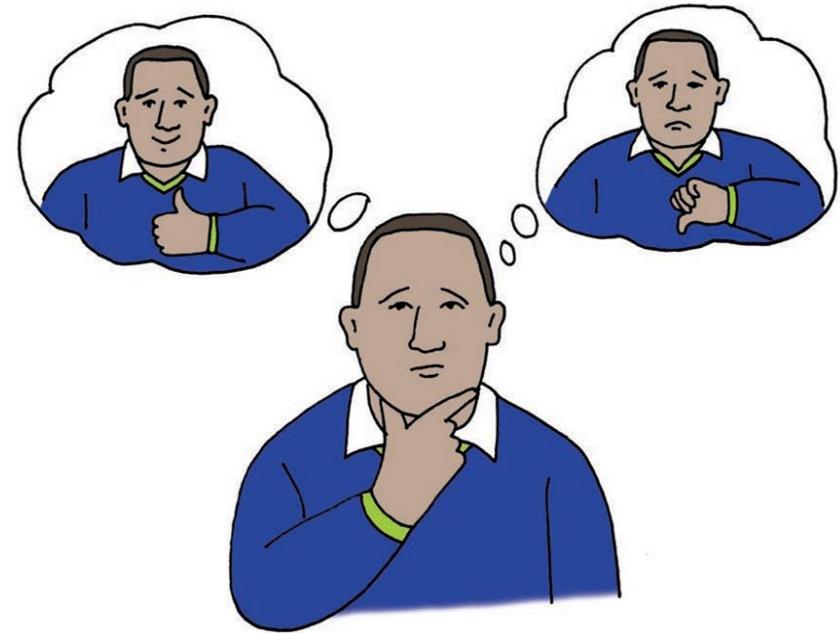
- Will the surgery help your quality of life?
- Do you understand the processes before, during, and after surgery?
- What are the reasons for surgery?
- Would you like to get a second opinion?

Once you feel confident about your decision, you can let your doctor know.

**Remember:**

**YOUR BODY, YOUR DECISION**

**The doctor needs your consent to do anything to your body!**



George considers surgery.

# Getting Good Information about the Surgery

George wants to make the best choice for his own health.

He asks a lot of questions so he can get as much information about the surgery as he can.

When George doesn't understand, he asks again.

He brought his Auntie along with him for support. She asks questions too.



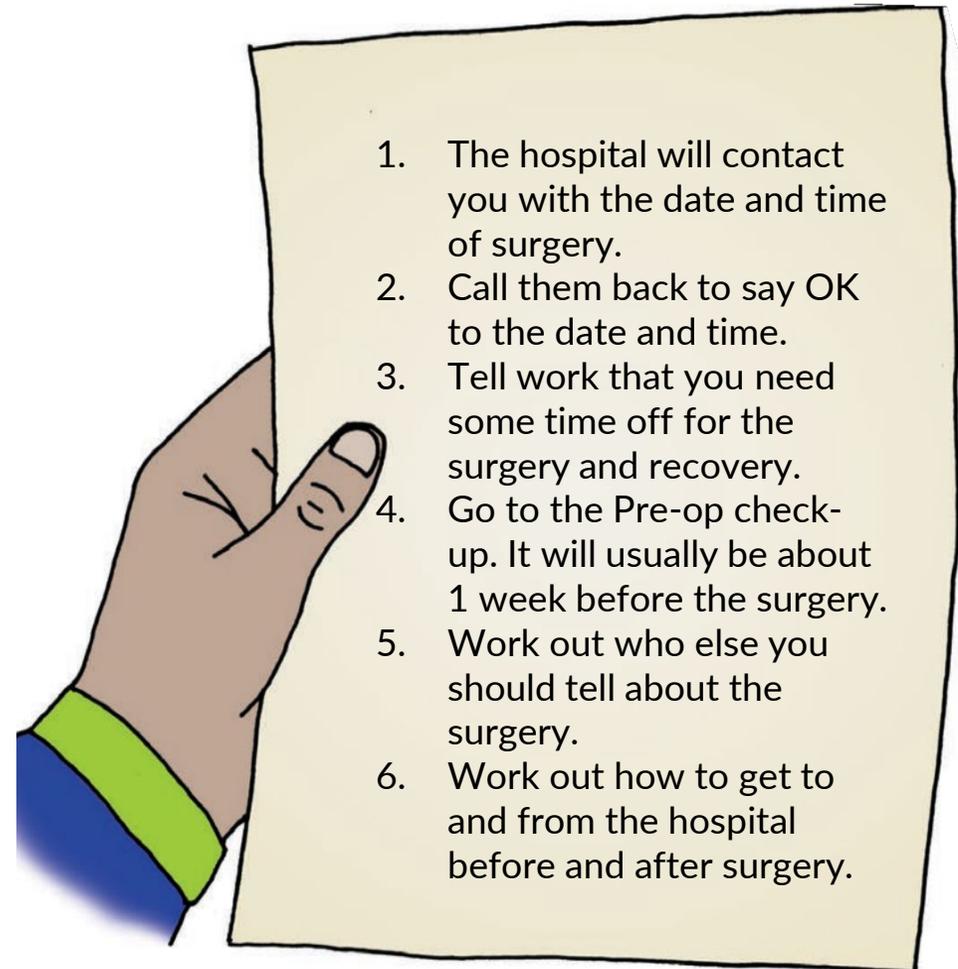
**What are some things you might want to do  
before your surgery?**

# Planning for Surgery

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Once you have made the decision to have surgery, your doctor will let you know what you need to do to plan and prepare.

This may be a lot to remember so you can have your doctor or support person write down a list for you.

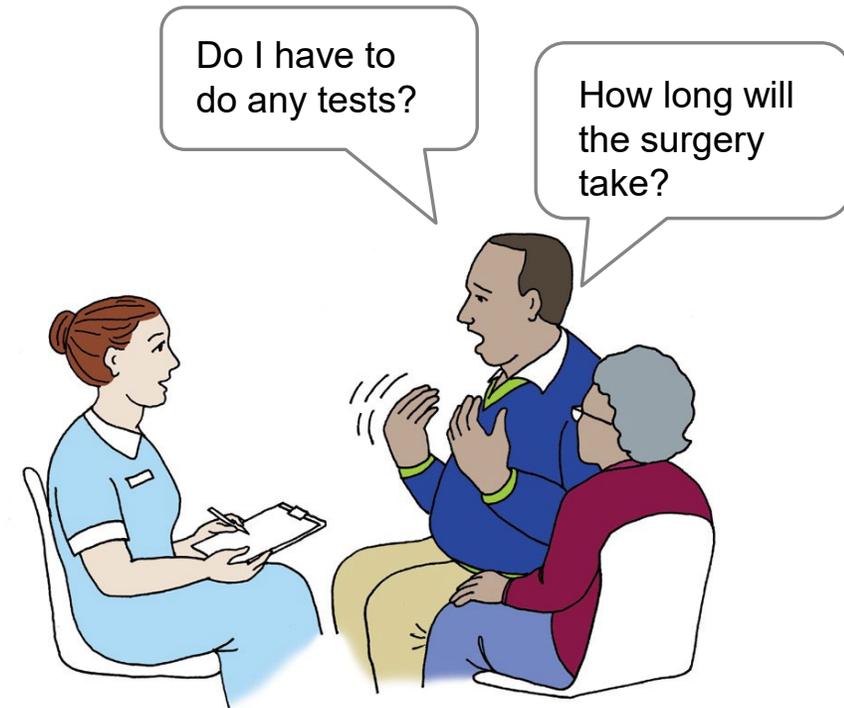


# Getting Ready for Surgery

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## Some instructions you might need before your surgery:

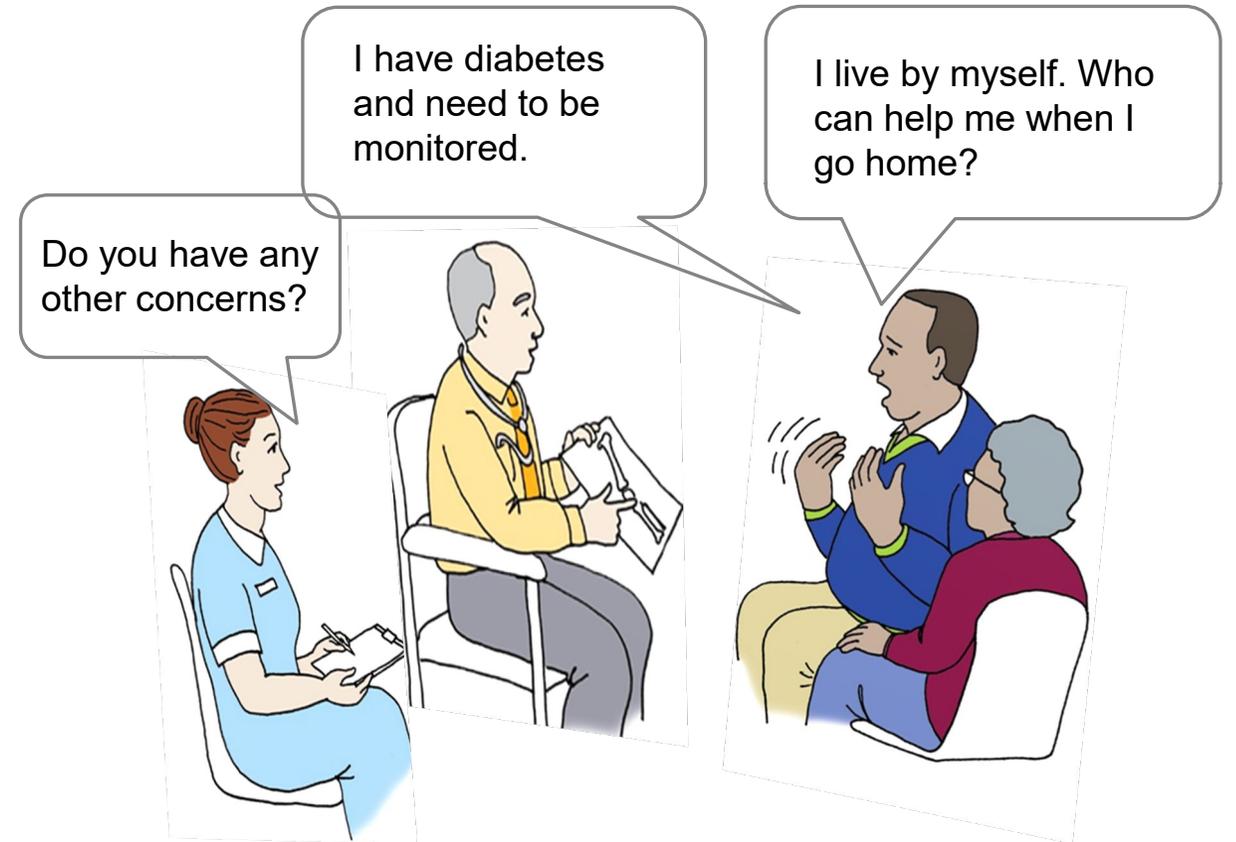
- Are any tests required? Such as blood tests, urine (pee) sample, or an x-ray.
- When to stop eating and drinking.
- What to bring to the hospital.
- What to do about your medications.
- What time you should get to the hospital.
- How long the surgery will take.
- Where you will be taken after the surgery to recover.



# Speaking Up Before the Surgery

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If you are worried about the surgery or your hospital stay, talk to the doctors and staff at the hospital. They can help you plan for your stay.



**What comfort items would you want to bring with you to the hospital?**

# Nervous About Your Surgery?

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Some comfort items you may want to bring with you to the hospital:

- Headphones and music
- A favorite book
- Water bottle
- A picture of your friends or family
- A special item you have from home



You are not the only person that gets nervous, anxious, or concerned about surgery, many people do – **It is OK!**



# **DURING:**

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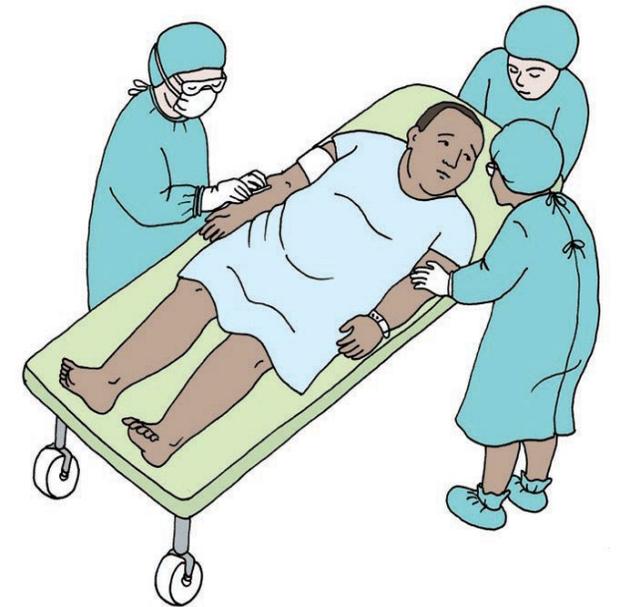
**Going to The Hospital and Having Surgery**

# The Day of Surgery

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The day of surgery may look something like this:

- Check-in at the front desk.
- A nurse will call you back to a room to get changed and ready for surgery.
- The doctor will meet with you to discuss the surgery and recovery.
  - Be sure to ask any questions you have during this time!
- The nurses and surgical staff will do final preparation with you for your surgery.
- You will be given medicine to fall asleep.



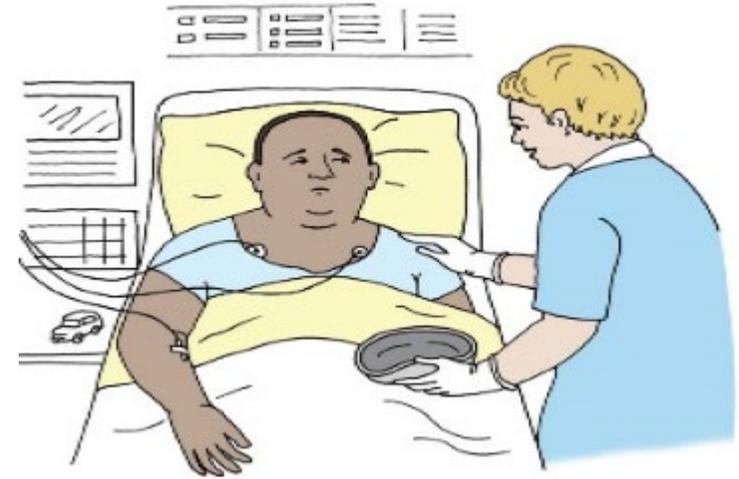
# Waking Up From Surgery

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Once surgery is over, you will be moved to a recovery room where you will be monitored.

When you wake up, you may:

- Notice that you are hooked up to medical equipment
- Feel tired
- Feel nauseous



Some examples of medical equipment that may be used are:

- A small tube that may go in your nose
- A small tube that may go in your urethra (where your pee comes out)
- Sticky pads on your chest to monitor your heart

These will be removed when you don't need them anymore.

**AFTER:**

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**PLANNING TO GO HOME AND AFTER CARE**

# Going Home

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When your doctor is ready to release you to go home, they will go over a discharge plan with you.

**Your discharge plan may include:**

- What you need to do to get better.
- Who to call if something goes wrong at home.
- Signs or symptoms to be concerned about.
- Any information about new medications.
- When you need to visit a specialist.



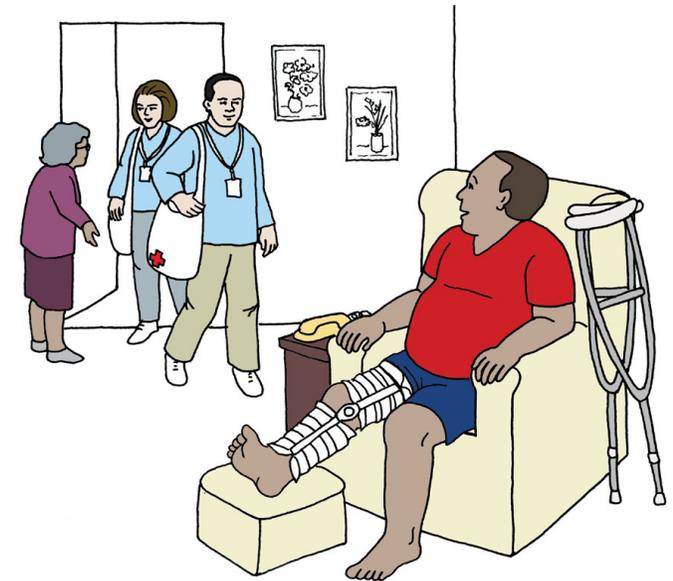
**What are things you might need  
help with while recovering at  
home?**

# Getting Better at Home

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## Once you get home:

- Go over your discharge plan and do your best to follow it.
- Make sure you let your doctor know if you are having any side effects to medications and/or if you are experiencing a lot of pain.
- Have a support person around to help you with your daily activities.
- Relax as much as possible so you can get better.
- Make and keep any follow up doctor appointments.



# What Did I Learn?

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**I can take charge of my health care when I:**

- Make a choice whether I should or should not have surgery.
- Know how to plan for my surgery.
- Understand what will happen to me the day of surgery.
- Follow my discharge plan so I can get better.
- Know how to take care of myself at home.
- Ask any questions I have.

Created in partnership with:

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