

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
- 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