

Before Excision Surgery

A practical list to review with your surgeon. Check items as you complete them.

PLAN WITH YOUR SURGICAL TEAM

- ☐ Confirm the date, location, arrival time, and surgery contact number.
- ☐ Complete requested pre-op visits, tests, and medical clearances.
- ☐ Give your team a complete medicine, supplement, and allergy list.
- ☐ Get written instructions for which medicines to take, change, or hold.
- ☐ Mention diabetes/weight-loss medicines, including GLP-1 medicines, and any prior anesthesia problems.
- ☐ Ask whether your surgery requires a bowel prep or special diet. Do not start either unless your surgeon directs it.
- ☐ Ask about the surgical plan, possible additional procedures, pain plan, expected stay, and recovery restrictions.
- ☐ Bring relevant imaging, operative notes, or pathology reports if your surgeon requests them.

ARRANGE YOUR SUPPORT

- ☐ Arrange a responsible adult to take you home.
- ☐ Arrange help for the first day and with children, pets, meals, or errands as needed.
- ☐ Plan time away from work/school and discuss return-to-work needs.
- ☐ Know your follow-up appointment and who to call after hours.

Surgery date

Hospital / surgery center

Gather for Home Recovery

These are comfort and convenience items, not required purchases.

HOME SETUP AND EVERYDAY ITEMS

- ☐ Loose clothing and soft underwear that do not press on incisions.
- ☐ Easy-to-put-on shoes and a comfortable place to rest.
- ☐ Small pillow for the ride home or gentle abdominal support.
- ☐ Menstrual pads in case your team says light bleeding is expected.
- ☐ Thermometer; phone charger and bedside basket for essentials.
- ☐ Water bottle and easy-to-prepare foods that fit discharge instructions.
- ☐ Meals, groceries, and household supplies for the first few days.

ASK YOUR SURGICAL TEAM ABOUT THESE ITEMS

- ☐ Fill prescribed medicines or arrange for someone to collect them.
- ☐ Ask if a stool softener or laxative should be on hand, and which one.
- ☐ Ask whether Gas-X (simethicone) is appropriate for intestinal gas.
It may not relieve shoulder pain from laparoscopic gas.
- ☐ Ask whether a wrapped warm pack may be used, and where.
Do not place heat on incisions or directly on skin.
- ☐ Buy wound dressings only if your team recommends a type.
- ☐ Ask for a plan if nausea prevents drinking or taking medicines.

Helpful reminder: Short walks may be recommended after surgery; follow your own activity instructions.

The Day Before and Surgery Day

Keep your written hospital instructions with you; procedures and anesthesia plans vary.

THE DAY BEFORE

- ☐ Recheck your arrival time and transportation plan.
- ☐ Confirm exactly when to stop food and drinks; do not assume midnight.
- ☐ Follow only the bowel prep, bathing, and skin-cleaning steps your surgical team prescribed.
- ☐ Pack ID, insurance card, medicine list, paperwork, glasses case, and any equipment you were told to bring (such as CPAP).
- ☐ Call the surgical team about fever, illness, vomiting, a new health concern, or trouble completing the preparation.

ON SURGERY DAY

- ☐ Follow your anesthesia team's exact food and drink cutoffs.
- ☐ Take only the morning medicines you were specifically told to take.
- ☐ Wear loose clothing; follow instructions about jewelry, piercings, makeup, lotions, and contact lenses. Leave valuables home.
- ☐ Arrive at the assigned time with your support person's contact info.
- ☐ Tell the team about new symptoms or anything taken, eaten, or drunk outside the instructions. Ask remaining questions before consent.
- ☐ Before discharge, review medicines, activity, wound care, warning signs, follow-up, and the after-hours number with your support person.

If instructions conflict or you are unsure, call your surgeon or anesthesia team before acting.