# 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



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### 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 about any potential side effects of prescribed medications
- •Ask when you should have a follow-up visit the hospital