

## 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](https://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