



Planning for your surgery: before, during and after

Enhanced recovery after surgery program

TO BETTER GUIDE YOU

This handout will help you prepare for your surgery and your return home so that everything goes smoothly..

Before your hospital stay

Take the time to get organized

- ☐ Ask your care team:
 - how long you will stay in the hospital,
 - how much rest you will need to recover your strength after surgery.
- ☐ Tell your family and friends that you will be in the hospital for a few days for surgery
- ☐ Decide who will take care of your dependents and pets
- ☐ Arrange for someone to pick you up when you are discharged from the hospital. You will not be able to drive.
- ☐ Bring comfortable clothes that are easy to put on.
- ☐ Ask for help once you return home, for example with meals, grocery shopping and housekeeping.

During your hospital stay

This is the best time to talk about what is important to you.

- ☐ Tell your care team:
 - if you are in pain,
 - if something is bothering or worrying you
- ☐ Ask questions about your medications:
 - what they are for
 - how and when to take them
- ☐ Ask what you can do and what you should avoid during your stay.
- ☐ Ask what you should do once you return home.



Useful resources

- **Info-Santé**
Dial **8-1-1**
A nurse can answer your questions and help you find the resource that best meets your needs.
- **Find a CLSC in your area**
sante.gouv.qc.ca
- **Fédération québécoise des coopératives de santé**
418-622-1001
fqcs.coop
- **Find services for people experiencing a loss of independence**
quebec.ca
Click on Family and support for individuals
- **Regroupement québécois des résidences pour aînés**
1-888-440-3777
rqra.qc.ca

The team can help you in different ways:

The surgeon: determines how long your recovery is expected to take and whether you need additional support, such as if physiotherapy is recommended.

The liaison nurse: arranges any special care you may need after you leave the hospital. They also coordinate with the CLSC if home care services are planned.

The social worker: supports you when returning home is more complex, for example due to your family or financial situation, or the organization of your daily routine.

The rehabilitation team (physiotherapist, occupational therapist): assesses your physical abilities and needs. They also help you recover, move safely, and resume your daily activities after surgery.

Before leaving the hospital:

- ☐ collect all your personal belongings
- ☐ get your prescriptions for your medications
- ☐ pick up your medications from the pharmacy
- ☐ confirm your upcoming appointments
- ☐ submit any required forms (insurance, sick leave, etc.)

You'll be able to leave the hospital with your accompanying person once the doctor has signed off on your discharge.

After your hospital stay - once you are back home

The first days at home are important for your recovery:

- ☐ take time to rest
- ☐ take your medication as instructed. If anything is unclear, ask your pharmacist if you have any questions.
- ☐ follow the instructions provided by your care team to regain your strength.



Do you have questions or concerns?

Contact your care team.

They are there to support you.

We wish you a smooth recovery!

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Texte adapté de la fiche santé *Planifier mon départ de l'hôpital après mon opération* produite par le Centre de littératie en santé du CHUM : chumontreal.qc.ca/centre-litteratie-sante.

APPENDIX

Ask the following questions to help prepare for your return home.

Your care team can help you.

When can I return to work?

When can I take a bath or shower?

How should I care for my wound?

How should I care for my tubes, catheters,
or drains, as needed?

When will I be able to resume strenuous
activities and lift heavy objects?

Do I need to follow a special diet?

When and how should I take my medication?

When should I restart the medications
that I stopped taking before my surgery
(Coumadin, aspirin, etc.)?

What signs and symptoms are reasons
to contact my doctor?

When can I resume my activities:

Have sexual relations?

Drive a vehicle?

Exercise?

When will I see my surgeon again?

When will I start physiotherapy, if needed?

Other questions

