

Preparing for Another Procedure

Use what you learned before. Ask what is different this time.

Being told that you need another procedure can be harder because you already know what recovery can demand. This planner helps you organize questions, practical arrangements, and the lessons you want to carry forward.

Procedure:

Planned date:

Clinician / facility:

Why this procedure is being recommended:

What I understand the team hopes to accomplish:

What I most need explained before I decide or proceed:

What I Need to Understand Before the Procedure

Question to Clarify	What I Was Told	Still Need to Ask
What will be done and why?		
Expected benefits / goals		
Important risks or uncertainties		
Alternatives or other options discussed		
Type of anesthesia / sedation		
Expected hospital or facility stay		
What recovery may look like afterward		

Who can answer questions that remain:

Written instructions or information I still need:

Use What I Learned Last Time

A previous recovery gives you information that you did not have the first time. Record what helped, what was unexpectedly difficult, and what you want the healthcare team to know.

From My Earlier Recovery	What I Want to Do or Ask This Time
Something that helped me recover	
Something that was harder than expected	
A medication, anesthesia, adhesive, or other reaction I experienced	
Pain, nausea, sleep, mobility, wound, or other issue I want discussed	
Help or equipment I needed at home	
Something my caregiver / family learned	
Something I wish I had known beforehand	

The most important thing I want my healthcare team to understand about my previous experience:

Before the Procedure - Instructions to Confirm

Use the instructions from your own healthcare team. Do not stop, start, or change medicines, supplements, eating, drinking, or other medical routines based on this worksheet.

Instruction	What My Healthcare Team Told Me	Confirmed / Date
Medicines / supplements before procedure		
Eating and drinking instructions		
Pre-op tests / appointments		
Arrival time / location		
Bathing / skin preparation		
What to bring		
Transportation / responsible adult		
Other individualized instructions		

A medication or health-history question I need to raise before the procedure:

Who to call if I become ill or something changes before the procedure:

Prepare for the Recovery That Follows

Practical Need	My Plan
Transportation home / after discharge	
Help during the first day(s)	
Meals / groceries / household needs	
Mobility or other equipment	
Work / caregiving / family responsibilities	
Prescriptions / pharmacy plan	
Follow-up appointment / therapy	
Home setup or supplies	

Restrictions or activity instructions I expect to confirm:

What may be different from my previous recovery:

The person who should understand the recovery plan with me:

Before I Leave - Know the New Plan

Before discharge, make sure you know which instructions are current. Another procedure can change restrictions, medicines, wound care, activity, follow-up, or the overall recovery plan.

What I Need to Know	Current Instructions / Notes
What happened during the procedure	
Medicines / medication changes	
Pain-management instructions	
Wound / incision / device care	
Activity and restrictions	
Equipment or assistance needed	
Follow-up appointments / therapy	
Changes to earlier recovery instructions	

Changes I was told to watch for and whom to contact:

Where my written discharge instructions are kept:

After the Procedure - Reset the Recovery Plan

Date / procedure / clinician:

What I was told happened:

Area	What Is Different Now?	What Comes Next?
Recovery timeline		
Restrictions / activity		
Medications / treatments		
Appointments / therapy		
Help needed at home		
Work / family responsibilities		

A question I still need answered:

Something I handled better this time because of what I learned before:

My next important recovery step:

This planner is for organizing information and questions. It does not replace instructions from your surgeon, anesthesia team, pharmacist, therapist, or other healthcare professionals. Seek urgent or emergency care according to the instructions provided by your healthcare team.