

# Post-treatment Checklist

## Clarify your understanding

Learn all you can about your procedure and the recovery process:

- Double check by explaining it back to your doctor
- Get the contact numbers for questions you may have once you've left hospital
- Clarify reasons your doctor would want you to get in touch



## Verify all your medications

- List all current prescriptions, over the counter and supplements
- Ask your surgeon if anything should be discontinued before/after treatment
- Make a chart for doses needed after treatment
- Check off doses taken



## Plan your nutrition and shopping

- Post-surgery wellness is helped by good food:
- Plan meals for the first week
- Ensure you have contact numbers for friends who could pick up groceries and help with meal preparation if you're in need
- Have healthy, no preparation needed snacks available - apples, dried fruits, nuts and cereal bars are good options



## Plan your transport

- Most people need continuing assistance in the days and weeks after surgery
- Speak to friends who can drive you if needed or who can accompany you if using public transport
- Arrange transport for your check-up several weeks following treatment, as you are not recommended to drive for 6 weeks post-surgery



**The more we listen, the more lives we save**