



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

CHECKLIST

HELP YOUR LOVED ONE PREPARE FOR SURGERY

- Read the surgeon's pre-surgery instructions. Help make sure your loved one follows these instructions "to a T!"
- For 2 to 3 days before surgery, remind your loved one to shower with antibacterial hair and body soap, with a final shower just before going to the hospital. (Chlorhexidine soap is available at most drugstores— it's effective.)
- If your loved one is having surgery on a "twin organ" (like kidneys or lungs), or on an arm or leg, help avoid confusion over which side requires surgery.

Put a large piece of duct tape (or masking tape) over the side that should NOT be cut. Write a big, bold "NO!" on this tape for the side that should not be touched by the surgeon.

- Keep your loved one warm. In cold weather, warm up the car first. Make sure their hair is dry. Bring an extra sweater or other soft, warm clothing. (Hospitals have some very chilly areas.)
- Fill out a medication record with your loved one. Bring it to the hospital with all of your loved one's current medications. Download our handy medication record [here!](#)
- Prepare to stay with your loved one 24/7 while hospitalized.

It's OK to ask for help—organize "shifts" with other family members and friends.