



 **MR DAVID STITSON**
CONSULTANT ORTHOPAEDIC SURGEON

PRE-OPERATION CHECKLIST FOR ORTHOPAEDIC SURGERY

Preparing a checklist for your hospital or day surgery stay can alleviate stress and ensure you have everything necessary.

David Stitson

MBBS, FRCS(Tr & Orth), RAF(rtd)

Consultant Orthopaedic Surgeon



DOCUMENTATION & ADMINISTRATION

- Surgical Consent Form:** Ensure you have signed the necessary consent forms.
- Hospital Paperwork:** Bring ID, insurance details, referral letters, and any hospital paperwork.
- Advance Directives (if applicable):** Provide copies of a Do Not Resuscitate (DNR) order or a living will if you have one.
- Please bring your medications and instructions with you so that it can be taken if needed.

Contact:

Nuffield Health Hospital,
Plymouth, PL6 8BG

01752 761818

enquiries@orthopaedicsplymouth.co.uk

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HOME & TRANSPORT ARRANGEMENTS

- Arrange Transport:** Organise a lift home, as you won't be allowed to drive after surgery. Bring contact details of the person who will be accompanying you home
- Home Preparation:** Set up an accessible resting area with essentials (e.g., phone, medication, snacks, crutches, walker, etc.).
- Support System:** Arrange for a friend, family member, or carer to assist you post-surgery, especially if mobility is affected.

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PACKING FOR YOUR SURGERY STAY/DAY

- Loose Clothing:** Loose-fitting pyjamas, light robe, eye mask & ear plugs, socks and underwear etc.
- Footwear:** Supportive flat, non-slip shoes/trainers to prevent falls. Slippers to walk to the theatre in.
- Toiletries:** Toothbrush, toothpaste, deodorant, wipes, lip balm, and moisturiser.
- Mobility Aids:** Walking aids (EG. crutches, stick, etc.).

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PACKING FOR YOUR SURGERY STAY/DAY

- Hearing Aids/Glasses/Dentures: With a case to store them securely.
- Entertainment: Book, magazines
- Tech: Mobile phone, tablet, chargers, headphones

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SURGERY DAY REMINDERS

- No Jewellery or Valuables:** Leave expensive items at home.
- Remove Nail Polish & Makeup:** Allows accurate monitoring of circulation. You will be asked to remove it if present.
- Shower with Antibacterial Soap:** Reduces infection risk.
- Wear Comfortable Clothing:** That's easy to change into after surgery and won't rub on your incision.
- Arrive on Time:** Follow hospital arrival instructions and check-in promptly.

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CONTACT US

Do you have questions or want to learn more?

Our friendly team is here to assist. Contact us via email, phone, or visit our website for further information and inquiries.

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