

Prepare for Surgery with Intention

A checklist of inspiration to get you organized and mindfully prepared for surgery.

Lovingly created for you by Alyssa Clare, MSN, CRNA, INHC



EMOTIONAL WELLBEING

- Acknowledge and process all of the many feelings that may be arising: fear, anxiety, excitement
- Honor any grief that is present
- Start a journal for processing feelings and also for Q&As at doctor visits
- Talk to a trusted friend, spouse, or therapist
- Move your body to release tension (living room dance party!)
- Watch a really sad or really funny movie to help tender emotions flow more easily

RELATIONSHIPS

- Identify a support person who can accompany you to medical tests and doctor appointments
- Choose and line up your support person for the day of your surgery
- Choose and line up your support person for after your surgery
- If needed, choose and arrange transportation to appointments after your surgery
- Practice asking for and receiving help

PHYSICAL WELLBEING

- Assess self-care habits (sleep & fitness) and discern any adjustments to optimize
- Create a plan that supports your personal habit goals
- Quit smoking/vaping as these things impact the safety of your anesthetic and your body's ability to heal
- Make appointments for acupuncture, massage, PT, and/or chiropractic care as desired
- Stock your home "pharmacy" with necessary over the counter medications and supplies

NOURISHMENT

- Consume a healthful diet for at least two weeks prior to your surgery
- Plan and prepare healthful meals and broths to enjoy after your surgery
- Ask a friend or family member to organize a meal train for you during your recovery
- Limit alcohol intake
- Stay hydrated
- Consider supplements that might support your body through the surgery and recovery; clear these with your doctor

MOVEMENT & PLAY

- Acknowledge, process, and plan ahead for post surgical restrictions and how they will impact your current routines and things you love to do
- Cancel or hold memberships
- Clear your calendar post surgery: give yourself more time to rest than you'd expect to fully recover

FUNDS & RESOURCES

- Ask who will be providing your surgical and anesthesia services and call your insurance company to verify they are covered
- Call insurance company for an estimate of costs
- Plan ahead for out of pocket expenses

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HOME & ENVIRONMENT

- Plan for restrictions that will impact your job and time away from work
- Explore how limitations post surgery will impact how you use and move through your home
- Arrange for childcare and pet care
- Plan and prepare a place in your home for recovering
- Consider comforting items to bring and cozy zip-up/slip on clothing to wear to your surgery (surgical areas and hospitals are cold!)

SPIRITUALITY

- Identify a prayer or positive affirmation that feels supportive as you move through the surgical experience
- Identify a prayer or positive affirmation to give family and friends to hold on your behalf
- Arrange any desired blessings or post surgical visits with clergy or spiritual leader

MINDSET

- Manage expectations by reading through all of the paperwork given to you by your doctor's office
- Keep a journal (yes, it's on the list twice, because it's that important)
- Set intentions for the outcomes you desire and repeat these daily
- Visualize yourself and your most ideal experience/outcome
- Download a pre-surgery meditation to practice as often as you can
- Learn a breathing technique to help manage anxiety
- Pay attention to your power of influence
- Ask to speak to an anesthesia provider in advance
- Ask your doctors and nurses any and all questions

YOUR OWN ADDITIONS



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Connect with me for a FREE
15 minute consultation on
how we can create your
empowered plan together.

