

## Preparing for Surgery

### **What should I do to prepare for my surgery?**

1. Arrange for a family member or friend to accompany you to the hospital the day of your surgery.
2. Plan ahead for transportation home or to the hotel the day of your planned discharge.
3. Remember to adjust your work/social schedule accordingly during your anticipated recovery time.
4. While taking narcotic pain medication, you will not be permitted to drive. You may need to arrange for transportation to your initial follow-up visit.
5. Unless told otherwise, you will need to have a follow-up visit 7-14 days after surgery with Dr. Yanke.

### **What should I bring with me the day of surgery?**

1. Photo ID
2. Insurance Card
3. Friend or family member who will be available the entire time and take you home after surgery
4. Wear comfortable, loose fitting clothing
  - Shoulder surgery: zip-up or button down shirt
  - Knee surgery: loose fitting pants or shorts

**\*\*Leave jewelry, money and valuables at home.**