

Questions You May Have About Your Surgery

This guide includes some common questions about having surgery. We hope these questions will help you think about your own questions about your surgery.

Please use the spaces in this guide to make notes about your questions. Feel free to bring a notebook with you to your health care appointments to make notes as well.

لعرىبىةآ آءءللآب اىضآآ آءوءر

Also available in Arabic: (AR85-2281)

Aussi disponible en français :

Questions que vous pourriez vous poser au sujet de votre opération (FF85-1677)

Questions You May Have About Your Surgery

You are an important and valued member of your health care team. You have probably learned a lot from your health care team about your condition and surgery options, but it's natural to have questions. It's important to ask any questions you have when you meet with your surgeon or any hospital staff.

Asking questions will help you to be fully informed and ready before, during, and after your surgery. Write down your questions, and bring a pen or pencil to make notes when you meet with your surgeon. Consider bringing a family member or friend with you.

Understanding your surgery

- Why are you recommending this surgery for me?
 - What are the risks and benefits of this surgery?
 - Are there treatment options other than surgery? If I decide not to have surgery, what can I expect? If I change my mind, can I have surgery at a future date?
 - What is the most challenging part of recovery from this surgery?
 - Are there any possible complications? How often do they happen?
 - How long does it normally take to recover from this surgery?
 - What symptoms might I have after this surgery?
 - Will I need any other treatment?
 - Will I need to take time off from work or school after my surgery? Are there any forms I need to have signed by my surgeon?
-
-
-
-
-
-
-

Getting ready for your surgery

- How long should I expect to wait for an appointment for my surgery?
- Are there any tests or blood work I need to do before my surgery?
- Is there anything I can do to help my condition while I wait for surgery?
- After I get my surgery date or am admitted, is it possible my surgery could be delayed?
- How will I know if my surgery is cancelled? Will someone call me?
- If my surgery is cancelled, will the delay put me at risk?
- Do I need to stop eating or drinking before my surgery? When? Can I drink water? Can I take my medication(s)? Can I chew gum or eat candy?
- Are there any medications I should take or stop taking? How long before surgery should I stop taking them?

- What do I need to bring when I come for surgery? Should I bring my medications? What should I bring to wear after surgery?
- Is there anything that I should not bring with me to the hospital (e.g., jewelry, cash)?
- Will the surgeon talk with my family and friends after my surgery?
- Should I plan to go home after surgery, or will I need to stay in the hospital overnight or longer?
- Do I need someone to drive me home after surgery?
- If I will be staying in the hospital after surgery, how long will I be expected to stay for?
- If the plan is for me to go home after surgery, is there still a chance I could be admitted to the hospital? Will someone call my family if this happens?

Understanding what to expect during and right after your surgery

- How long should I expect my surgery to last?
- Will I be under full anesthetic (unconscious) during surgery? If not, what should I expect? Will I be fully awake and alert, or will I be sleepy?
- Will I feel any pain during surgery?
- Will I have an intravenous (IV) or other lines, drains, or tubes? What are they for?
- How will my family and friends get info on my progress during my surgery?
- Where can my family and friends wait during my surgery?
- Is there anywhere for my family members to stay while I am having and recovering from surgery?
- How will my family and friends know where to visit me after surgery?
- When will I be able to see my family and friends after surgery?

What to expect from the recovery process

- How can I expect to feel after coming out of anesthetic?
- How much pain or discomfort can I expect after surgery? For how long?
- What can I do to help my pain at home? Will I get a prescription for pain medication? Will over-the-counter pain medication work? (Please feel free to share info about any pain medications that you know work well or do not work for you.)
- When will I be discharged?
- Should I keep taking my regular medication(s)?
- Are there any symptoms I should watch for after surgery?
- Will I need physiotherapy or other support services or equipment to help me recover from surgery?
- Will my normal activities be restricted during my recovery time? Which activities are restricted? Can I lift things like a kettle or a pot of water?
- When can I return to my usual activities (e.g., work, driving, having sex, exercise)?
- When will I have a followup appointment with my surgeon after my surgery? How many followup appointments will I have?
- If I don't have a family doctor, who can I follow up with after surgery?
- Who do I call if I have questions or concerns?

What other questions do you have? Please ask. We're here to help.

Looking for more health information? Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>
Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!
Nova Scotia Health Authority www.nshealth.ca

*Prepared by: Patient Relations; Quality & System Performance
Reviewed by: Perioperative / Surgical Services staff
Designed by: NSHA Library Services*

The information in this brochure is for informational and educational purposes only.
The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.

W085-1667 © November 2019 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed