



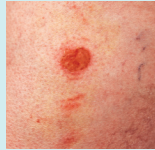






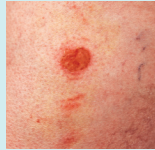






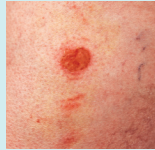




# My checklist to be ready for surgery

<input checked="" type="checkbox"/>	<b>My checklist to prepare me for my shoulder replacement surgery</b>														
<input type="checkbox"/>	At <b>preadmission clinic</b> have these tests: Blood tests as <i>ordered</i> . ECG/Chest X-ray if <i>indicated</i> <b>NB:</b> X-ray for surgery required to be within 12 months of surgery date														
<input type="checkbox"/>	Find a moment to read the important information provided														
<input type="checkbox"/>	Prepare my home—home visit by occupational therapist														
<input type="checkbox"/>	Arrange for my transport to and from hospital														
<input type="checkbox"/>	Decide if I need extra help after my surgery and arrange														
<input type="checkbox"/>	<b>10 (ten) days before my surgery</b> (if ordered): Urine test														
<input type="checkbox"/>	<b>From 7 (seven) days before my surgery</b> <ul style="list-style-type: none"> <li>no shaving, waxing or hair removal product on operation site</li> <li>make sure you know the instructions about what medications to stop and when to stop them</li> </ul>														
<input type="checkbox"/>	<b>3 (three) days before my surgery</b> <ul style="list-style-type: none"> <li>blood tests (if ordered)</li> <li>read the <b>'Message from your Doctor'</b> (below) and follow instructions</li> </ul>														
<input type="checkbox"/>	<b>Message from your Doctor</b> There are circumstances where it would be a risk to go ahead with surgery. <b>If you have any of the following:</b> <ul style="list-style-type: none"> <li>a cold or cough or feeling generally unwell</li> <li>any sign of a scratch, pimple, rash or insect bite or anything else causing a break or irritation to your skin on the same limb or foot you are having surgery.</li> </ul> <b>No matter how small it is:</b> Please call the <b>Pre-admission clinic</b> on <b>07 3163 7127</b> today, or at any time from today to before your surgery day, that you notice any skin issues														
	<table border="1"> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Insect bites</td> <td>Scratch</td> <td>Slight rash</td> <td>Skin pimple</td> <td colspan="3">More complex skin issues</td> </tr> </table>								Insect bites	Scratch	Slight rash	Skin pimple	More complex skin issues		
															
Insect bites	Scratch	Slight rash	Skin pimple	More complex skin issues											
<input type="checkbox"/>	<b>1 (one) day before my surgery</b> <ul style="list-style-type: none"> <li>follow the information in the admission guide</li> <li>no smoking, drinking alcohol or eating fatty/greasy foods</li> <li>pack my hospital bag</li> <li>double check when to stop eating</li> <li>double check when to stop drinking</li> </ul>														
<input type="checkbox"/>	<b>The day of my surgery</b> <ul style="list-style-type: none"> <li>follow instructions for taking medications</li> <li>follow instructions for when to stop eating/drinking</li> <li>use the surgical sponge (if you have been given one) to shower and then dress into clean clothes</li> </ul>														