

Pre-Operative FAQs - Surgeon



Ask	Question	Notes
	<p>Is delaying the surgery an option? What are the consequences of doing so?</p> <p><i>Sometimes timing isn't everything; it is worth knowing whether you can do this at your convenience, or if you are on borrowed time.</i></p>	
	<p>Is there anything I should do to prepare myself physically?</p> <p><i>Some surgeries can be more successful if you do certain exercise, eat better, or quit smoking. You often have weeks, or even months to do whatever you can to make yourself successful.</i></p>	
	<p>How long will the surgery be?</p> <p><i>Your friends and family will be anxious to know how long you will be in surgery. Keep in mind, this is only an estimate, unexpected things can happen. I waited for my father an extra 2 hours once, fearing the worst, only to find out that his surgery had started late and once started, everything had gone just as planned.</i></p>	
	<p>How much pain will I suffer?</p> <p><i>Many people are very concerned about pain during and after surgery; your surgeon should be able to talk to you about anaesthesia during the surgery and pain management following. This should help allay your fears somewhat.</i></p>	
	<p>What drugs will I have to take, and for how long?</p> <p><i>Most procedures will require some medications following, at least some pain medication. It is good to understand this in advance, as afterwards, you likely won't be in the right frame of mind afterwards.</i></p>	

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	<p>How long will I have to stay in the hospital?</p> <p><i>You will want to know how much to pack and your family and friends will want to know how long you will be gone.</i></p>	
	<p>Will I be able to manage alone, or will I need someone to stay with me?</p> <p><i>Sometimes you may need help around the house when you first get home, you may need someone to take care of you for a while. I've come home and been fine on my own, but I've had occasion where I couldn't even get to the washroom alone. The doctor should be able to give you some idea of what to expect.</i></p>	
	<p>How long after the injury/surgery/procedure will I be able to return to work?</p> <p><i>You may have to set expectations with your family and friends, as well as at the office before you go. You may have to do some financial planning based on this as well.</i></p>	
	<p>What rehabilitation or special equipment or special diet might I require following and for how long?</p> <p><i>You may need crutches or a brace or a specialty diet for a period following your procedure. The doctor should be able to give you some idea how long it will last.</i></p>	
	<p>Will I ever return to normal, or will there be lasting effects?</p> <p><i>There may be some long term ramifications to your injury/surgery/procedure; my husband has to go easy on fatty foods for years after his gall bladder surgery.</i></p>	