

BEFORE SURGERY: YOUR PRACTICAL SUPPORT PLAN

A simple way to make the first days at home less chaotic

Surgery comes with medical instructions from your clinical team.

This page is for everything around those instructions.

Who has the key. Who is driving. What food is in the house. Who knows you are home. What happens if you need help at short notice. Which ordinary jobs can wait.

Those details can feel small before surgery and enormous afterwards.

START WITH THE JOURNEY HOME

Who is bringing me home?

Do they know the expected day and approximate time?

Is there anything practical about the journey home that I need to plan for?

ACCESS TO HOME

Who has a spare key if I need help?

Is the route from the door to where I will rest clear and easy?

Are the things I use most often within easy reach?

FOOD AND BASIC SUPPLIES

I do not need to prepare for every possible scenario.

I do want enough simple food, drinks and household basics to avoid unnecessary errands in the first few days.

Things to have ready:

PEOPLE

One person who can check in without needing to be entertained:

One person I can call if something practical goes wrong:

One person who can help with transport, shopping, children, pets or another responsibility if needed:

MEDICATION AND DISCHARGE INFORMATION

Use the instructions given by your clinical team.

Before leaving hospital, make sure you know where your discharge information is and who to contact if you have questions about your recovery.

The contact number or service I was given is:

The next planned appointment or follow-up is:

WHAT CAN WAIT

This part matters.

You do not need to keep ordinary life running at full speed while recovering from surgery.

Things I am giving myself permission not to deal with immediately:

WHAT I DO NOT WANT TO HAVE TO ASK FOR

Sometimes it is easier to arrange help before surgery than to ask when you are tired afterwards.

One thing I would like someone to take responsibility for without waiting for me to ask:

A MESSAGE YOU CAN SEND BEFOREHAND

"I am getting home after surgery on _____. I may not know exactly what I need until I am there. Could you check in with me on _____ and help with _____ if needed?"

That is enough.

ONE THING TO REMEMBER

A practical support plan is not an admission that you cannot cope.

It is a way of protecting your energy for the part only you can do: recovering.

Between Appointments™ provides lived-experience support and practical planning only. Always follow the medical, medication, wound-care, activity and discharge instructions given by your clinical team.