

Before, During, Post-Surgery Checklist



Pre-Surgery Preparation

When meeting your surgeon:

- Bring all medical records, prescriptions, and test results
- Disclose any food, medication, material, or any other allergies
- Understand your surgical procedure, anaesthesia, risks & recovery time
- Ask about insurance coverage and documentation required
- Review fasting instructions, dietary restrictions, and pre-op care
- Make a note of your one point-of-contact at Jivi Healthcare
- Confirm your arrival time for the day of surgery

Day of Surgery

What to carry:

- Prescriptions, medications, and past medical reports
- Valid government-issued ID
- Insurance papers (if applicable)
- Accepted mode of payment (cash/card/UPI)
- Phone/laptop chargers
- An extra set of loose, cotton clothing

Important reminders:

- Do not wear makeup, jewelry, nail polish, or apply lotion
- Arrive at the time given by your doctor
- Fill out all admission and consent forms before surgery
- Ensure an accompanying adult (18+) is present throughout
- Plan for a safe and comfortable transfer post-discharge

After Surgery

- Receive and review your discharge summary
- Understand medication schedule and food recommendations
- Follow activity restrictions (no driving, lifting, etc.)
- Learn wound care and hygiene instructions
- Save contact numbers in case of an emergency
- Attend your follow-up appointment (as scheduled)
- Fill out the feedback form for Jivi Healthcare