Hysterectomy To-Do List

Pre-Surgery

- [ ] Freeze a few easy, healthy meals
- [ ] Stock light snacks & drinks (yogurt, mashed potatoes, crackers, bananas, protein shakes, 7UP)
- [ ] Ask your surgical team about Gas-X for bloating
- [ ] Deep-clean the house & put fresh sheets on the bed
- [ ] Place everyday essentials at waist level
- [ ] Set aside a small abdominal pillow (car rides, pets, seatbelt)
- [ ] Prep comfy clothes & a robe for the first two weeks
- [ ] Plan downtime (Netflix, Kindle, podcasts)
- [ ] Arrange a support person—and a backup

Day of Surgery

- [ ] Remove all jewelry; leave valuables at home
- [ ] Wear a loose, comfortable outfit (mind the waistband)
- [ ] Bring a pillow to cushion the seatbelt on the ride home, if approved
- [ ] Bring your phone & charger
- [ ] Ask about wound care, showering, activity limits & warning signs

Mental Preparation

- [ ] Meditate, breathe, or picture a calm recovery
- [ ] Remember: it's a common surgery, but every recovery is different
- [ ] Give yourself grace—mixed feelings are normal
- [ ] One very real perk: no more periods!

Follow your surgeon's individual instructions for medications, fasting, activity and recovery.
General preparation information • boughtitloveditlinkedit.com