

10 Questions for your Surgeon

1. Is this considered a minimally invasive surgery?
2. How many times have you performed this surgery? How often do you perform it?
3. I am aware that not eating or drinking after midnight leading up to surgery is bad for my recovery. May I drink a sports drink (like Gatorade or G2) two hours before my operation?
4. I understand most procedures can have me home the same day. Is that possible with this operation?
5. I've heard about the benefits of Enhanced Recovery After Surgery (ERAS) protocols. Have you adopted an ERAS protocol for this procedure?
6. What do you do to minimize the need for opioid pain medications?
7. How soon will I be walking and eating after the procedure?
8. How long should I expect to be away from my normal activities and out of work?
9. Is there anything else we can do to make my recovery easier?
10. What kind of help will I need at home and for how long?