



The days before and after surgery are important. Please know that you are not alone. We are here to support you every step of the way. This **Prepared for Surgery Tool Kit** is designed with patients like you in mind!

Here's what you'll find in this booklet:

**Details about each
Tool Kit item**

**Checklists for before
and after surgery**

**Solutions for managing
post-surgery pain**

Extra Help from Goldfinch

This Tool Kit is just one part of the Goldfinch Support Program. You can also call or text your personal Nurse Navigator with any questions or worries. They are here to support you, listen to your concerns, and guide you through your surgery process.

Our Promise to You

We want you to feel ready and confident for your surgery. Our team is dedicated to making sure you feel supported every step of the way. We look forward to helping you!

Kate



Kate Emerson, RN | Lead Nurse Navigator
Goldfinch Health · 833.453.3624

Important Notes

If you have a medical emergency, dial 9-1-1.

The Goldfinch Nurse Navigator and Prepared for Surgery Tool Kit are provided for your support and convenience.

The Goldfinch program is not intended to replace the professional judgment of your physician and medical care team.



Hablamos español

What's Included in Your Tool Kit?



Pre-Surgery Drink

To help you feel better before and after surgery, CF(Preop)[®] provides nutrition and hydration before surgery.

The American Society of Anesthesiologists recommends a drink such as this in the hours before surgery. Consult your healthcare provider for specific instructions.



Vibration Therapy Device

To help you better manage pain, VibraCool[®] delivers vibration therapy with ice or heat.



Pain Medication Chart

To help ensure you are regularly taking your medications for managing pain. *Be sure to use your dry erase marker!*



Probiotics

To help you lower the risk of infection and other problems after surgery. For use after surgery.



Chewing Gum

To help you reduce nausea and to get your bowels moving sooner. For use after surgery.



Opioid Pill Disposal

To help you safely get rid of leftover and potentially-dangerous opioid pills.

Preparing for Surgery Checklist

- ☐ What do you hope to do after you recover from surgery?
- ☐ Have non-prescription medications (approved by your Doctor for this procedure) in your home (like Tylenol® and Ibuprofen).
- ☐ Remove the ice pack from the VibraCool® box and place it in the freezer for later.
- ☐ Who will you call for support or to take your mind off things after surgery?
- ☐ What will give you comfort after surgery?
- ☐ What movie, TV show, book, or game will keep you busy after surgery?

Recovering after Surgery Checklist

- ☐ Are you tracking your medication use?
- ☐ Have you tried VibraCool®? (Don't forget the ice pack in your freezer!)
- ☐ Did you use the gum?
- ☐ Are you using the probiotics for the first few days after surgery?
- ☐ What question do you want to remember to ask your personal Nurse Navigator?

- ☐ Who did you call for support or to take your mind off things after surgery?

- ☐ Don't forget about your after-surgery goal!

Distracting your Brain from the Pain

Our brains are not very good at doing two things at once. We can use this to our advantage when managing pain.

Choose a word then count the number of “holes”. For example:

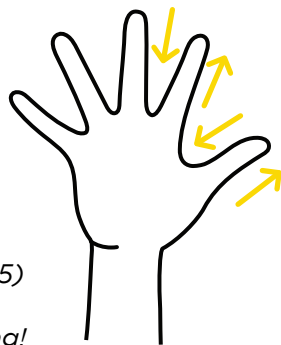
Hook
Butterfly

Now, choose your own words!

Hold your hand out and extend your fingers.

Run a finger from your other hand up your extended thumb, and down the other side. Continue to the next finger.

Now, slowly breathe in (1-2-3-4-5) as you go up the finger, and breathe out (1-2-3-4-5) as you go down the other side. Keep going!



Puzzles also help!

In Sudoku, each line must be filled in with numbers 1-9, horizontally and vertically, with no repeats. Also, each 3x3 box must be filled in with numbers 1-9, with no repeats.

	7							
	8	4	7				1	9
6				4	9		8	7
7				9		6	4	
	9		4	2	8		3	
	3	8		6				2
3	5		9	8				6
9	4				2	8	7	
							5	

Tip: Write down in each empty cell all possible numbers that could be the solution.

The game is over when all cells are correctly filled. Enjoy!

8	5				1			
9					4	8		
6		2			8		7	
2					9		3	6
4	9		7		5		8	1
5	1		8					7
	2		6			9		8
		8	4					2
			5				1	3



<https://billionpillpledge.com/#the-pledge>
833.453.3624 (833.GLD.FNCH)

If you have a medical emergency, please call 911.