

Questions to Ponder before deciding to get Surgery

WHAT ARE MY OPTIONS?

Find out if surgery is the only way to remedy the situation.

HOW MUCH TIME WILL I HAVE TO GIVE MYSELF FOR SURGERY?

Healing takes time and recovery is important.

HOW MUCH OF THIS CAN I DO FOR MYSELF?

Exercising and strengthening go a long way.

WHAT CAN I DO TO PREPARE FOR SURGERY?

Simple things before surgery can add up such as exercise, cleaning up your diet, stopping smoking, limiting drinking, and losing excess weight. Health has a funny way of making you feel better.

DO I ACTUALLY NEED SURGERY?

It is surprising, but this question gets skipped.

HOW MUCH SUPPORT OR ASSISTANCE WILL I NEED?

If you are independent, this is important.

WHAT ARE POSSIBLE SIDE-EFFECTS OR COMPLICATIONS?

Knowledge is power.

IS THERE MUCH PAIN FOLLOWING?

There is pain with an injury. There is pain with surgery.

WHAT WON'T I BE ABLE TO DO?

As silly as it sounds, ask how long until you can have sex.

WILL I BE ABLE TO WORK?

If you are self-employed or living by paycheck, this is integral in your decision making.

WHO IS DOING THE BEST WORK OUT THERE?

Find out who is doing the best conservative and surgical work. It will give you piece of mind.

DO YOU KNOW WHAT THE PROCEDURE IS LIKE?

Watch videos, research on the net, ask questions. This helps with the healing. The more you know, the faster you will heal.

WHAT IS THE COST FROM START TO FINISH PLUS HIDDEN COSTS?

Insurance does not pay for everything. Knowing this will allow for realistic planning, loss of time at work and stress reduction.

HOW MUCH TIME WILL I LOSE FROM THE THINGS I LOVE?

This can be used as a motivator.

IS THERE DEPRESSION AFTER SURGERY?

Surgery is a huge event. Follow large events especially when injury is involved, depression can follow.

WHAT IS THE PROCEDURE LIKE AND HOW DO I PREPARE?

As stated above, surgery is an event. Train accordingly.

****This document supplements my blog post titled "Going Under the Knife" published on June 10, 2007.***