

5 Important Documents to Have in Place Before Surgery

Description

One of the scariest things about [surgery](#) is the unknown. What will happen during and after surgery? What if something goes wrong? While you can't completely eliminate the risk of something going wrong, you can take steps to prepare yourself and your family. One crucial step is to make sure you have all of your documents in order. Here is a list of 5 important documents:

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[Via Pexels](#)

A life care plan.

This document outlines your current and future medical needs. It can be used to communicate your wishes to your family, friends, and medical team. A life care plan can help ensure you receive the best care after surgery. It can also help reduce the financial burden on your loved ones by outlining how you would like to be cared for if you are unable to care for yourself. If you don't already have [life care planning](#) strategies in place, now is the time to start.

A health care proxy.

This document appoints someone to make medical decisions on your behalf if you cannot do so. This person will be your advocate and will work with your medical team to ensure that your wishes are carried out. It is important to choose someone you trust and who understands your values and beliefs. You should also make sure that this person is comfortable communicating with your medical team.

An advance directive.

This document outlines your wishes for medical care if you cannot decide for yourself. It can include things like whether or not you want life-sustaining treatment, what kind of pain management you desire, and who you would like to make decisions on your behalf. [Advance directives](#) can be very specific or general. The important thing is that you communicate your wishes to your loved ones and medical team.

A power of attorney.

This document gives someone else the legal authority to make decisions on your behalf if you are unable to do so. This could be a family member, friend, or even your lawyer. Having a power of attorney in place before surgery can help ensure that your wishes are carried out and can help avoid any confusion or disputes among family members or loved ones.

Finally, it is essential to have a will in place.

This document outlines your wishes for your property and possessions in case you don't survive the surgery. It can be used to communicate your wishes to your family, friends, and legal team. [A will](#) can help ensure that your wishes are carried out and that your loved ones are taken care of after you die.

Preparing for surgery can be a daunting task. But by taking some time to prepare yourself and your family, you can reduce the stress and anxiety associated with this experience. One important way to prepare is to ensure you have all your documents in order. Doing this can ensure that you receive the best possible care and that your loved ones are taken care of if something happens to you.

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