

Surgery Care Plan Checklist

Start this the day you hear about the surgery. Give each step an owner and a date.

Name _____ Surgery date _____
 Hospital _____ Arrival time _____
 Driver _____ Caregiver at home _____
 Diet or allergies _____ OK to share for prayer? ☐ Yes ☐ No

1. Before surgery (3 to 7 days before)

Step	Owner	Date	Done
Call or visit. Ask the date, time, and hospital.			☐
Ask who will drive and who will stay the first 24 hours.			☐
Ask before you share their name for prayer.			☐
Ask: a hospital visit or a call?			☐
Pray, short and specific. Name the next step.			☐
Ask the meal team to plan the first week home.			☐

2. Day of surgery and the hospital

Step	Owner	Date	Done
Text the family: "Praying for you today. No need to reply."			☐
Visit or pray in the waiting room only if they ask.			☐
Hospital visit: 10 to 15 minutes. Pray. Take notes.			☐

A short prayer before surgery

"Lord, thank you for _____. You know how they feel about this surgery. Give them rest the night before. Guide the hands of the surgeons and nurses. Be near to _____ as they wait. Amen."

3. The first week home

Step	Owner	Date	Done
Call the day after they come home: "What is hard right now?"			☐
Meals for the first week or two. Check allergies first.			☐
Rides to follow-up visits. Help with lawn, pets, groceries.			☐
One short visit (about 20 minutes).			☐

4. Check-ins at 2, 4, and 6 weeks

Step	Owner	Date	Done
Week 2: "What help do you still need?"			☐
Week 4: "What did the doctor say at the follow-up?"			☐
Week 6: "How do you feel about getting back to normal?"			☐
Offer a ride to the first Sunday back.			☐

5. Long recovery and the caregiver

Step	Owner	Date	Done
Call every 2 weeks until they are back at church.			☐
Visit at the rehab center. Offer home communion.			☐
Ask the caregiver: "How are you doing? Are you sleeping?"			☐
Sit with the patient so the caregiver can get out.			☐

Do not give medical advice. If they mention pain, fever, or a problem with the wound, ask: "Have you called your doctor about that?" Avoid "Let me know if you need anything." Offer something specific.

Notes