



August 2016 - Organizing for an upcoming Surgery and Recovery at home:

You've decided that you are now ready to schedule your upcoming surgery.

First of all, look at the calendar and make sure it doesn't conflict with anything that you plan to attend and give yourself plenty of time to recover.

What can you do ahead of time to make sure your recovery runs a little smoother?

Do you need to spend a few weeks at a rehab center?

Clean your home so if people stop by, you aren't embarrassed.

Pay your bills and stock your pantry.

Cook meals ahead and place them in the freezer.

Let family or friends be aware of the surgery so they can check up on you. Don't be a hero, if the shoe was on the other foot, you would be helping out, so accept their help.

What special items do you need to recuperate- a walker, cane, a bath chair? Get the items before the surgery. Ask what kind of medication you will need after the surgery and you may decide just to get them filled at the hospital pharmacy so it's more convenient for you.

Do you have to arrange pet care?

Do you have to arrange appointments after your surgery?

What hobbies can you enjoy while you are recovery - watch movies, Netflix, books, create a book on www.shutterfly.com, and organize your photos or your computer files.

Here are a few website that also gives more helpful tips - <http://www.wikihow.com/Prepare-for-Surgery>

Happy Organizing!

Your local professional organizer,
Betty Huotari

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