

**POLIO SURVIVOR'S PRE-OP CHECK LIST**  
(North Central Florida Post-Polio Support Group)

**DISCUSS THE FOLLOWING WITH YOUR SURGEON:**

- Pre-Op lung tests.
- Lower blood volume and blood banking?
- No same-day surgery!
- Authorization for a longer stay in the hospital.
- Orders for post-op anti-vomiting medication.
- Positioning on the table during surgery.
- Orders for staying warm in the recovery room.
- Difficulty clearing secretions in the recovery room and in the nursing unit.
- Orders for increased dose of pain medication.
- Physical therapy for stretching and range of motion in hospital.
- Placing articles about polio in the medical chart.

**DISCUSS WITH YOUR ANESTHESIOLOGIST:**

- Lung problems?
- Lower dose of anesthetic.
- Longer term paralysis of muscles with spinal anesthetic and curare-like drugs.
- Orders for post-op anti-vomiting medication.
- Difficulty clearing secretions in the recovery room.
- Discuss problems you have had with anesthetics.

**DISCUSS ARTICLES WITH NURSING SUPERVISOR:**

- Longer-term sedation with anesthetic.
- Difficulty clearing secretions in the nursing unit.
- Orders for increased dose of pain medication.
- How to help you in moving in bed and in the room after surgery.
- Not standing or walking unaided until you are fully awake and able.
- Your need of crutches, braces, wheelchair if you are now using them.
- Anti-embolism stockings and the assistance needed to put them on.
- Any assistance you will need with both.

**MEET WITH YOUR PRIMARY CARE PHYSICIAN BEFORE SURGERY AND DISCUSS:**

- Post-op rehabilitation plan.
- Physical therapy for stretching and range of motion in hospital.
- Admission to a rehab hospital before going home if you live alone.
- In-home care – Nurse/Physical Therapist in your home.

**POLIO SURVIVOR'S DENTAL PROCEDURE CHECK LIST**

**DISCUSSION BEFORE DENTAL SURGERY:**

- Pre-op lung tests and breathing problems.
- NO same-day surgery.
- Medications taken and possible excessive bleeding?
- Positioning in the chair during the procedure.
- Lower dose of pre-op calming medication.
- Lower dose of *general* anesthetic.
- Longer-term sedation with general anesthetic.
- Post-op anti-vomiting medication.
- Higher dose of *local* anesthetic.
- Paralysis of face, throat and tongue muscles with local anesthetics.
- Increased dose and duration of pain medication

**DISCUSSION BEFORE EYE SURGERY:**

- Breathing problems.
- Positioning
- Lower dose of pre-op calming medication anesthetic.
- Any assistance needed in getting on and off bed or table.

**NOTE: ALWAYS discuss allergic reactions and sensitivities to certain drugs, foods, pollens or smells.**