

# HEALING THROUGH SURGERY

**Recommended Action**  
**Action**

**Completed**

## Practical Considerations:

- Date of Surgery: \_\_\_\_\_
- Pre-Operative Appointment/Date: \_\_\_\_\_ Time: \_\_\_\_\_
- Pre-Certification With Insurance – Completed By Our Financial Department
- Make Post-Operative Appointment – Weeks: \_\_\_\_/Date: \_\_\_\_\_ Time: \_\_\_\_\_
- Hospital Will Call to Schedule Pre-Operative Visit – Date: \_\_\_\_\_ Time: \_\_\_\_\_
- Home Arrangements (Children, Pets, Work, Transportation, Etc.)

## Self-Care (see enclosed recommendations):

- Dietary Considerations 
  - Pre-Operative Diet
  - Post-Operative Diet
- Medications and Supplements to Avoid Prior to Surgery
- Supplements in Preparation for Surgery
- Journaling

## Healing Partners:

- Appointment for Nutritional Therapy – Date: \_\_\_\_\_ Time: \_\_\_\_\_
- Appointment for Biofeedback Therapy – Date: \_\_\_\_\_ Time: \_\_\_\_\_
- Appointment for Massage Therapy – Date: \_\_\_\_\_ Time: \_\_\_\_\_
- Appointment for Healing Through the Human Energy Field – Date: \_\_\_\_\_ Time: \_\_\_\_\_



*We at WomanCare honor you for making  
this commitment to your health.*

