

5. Expectations

What are you expecting recovery to feel like?

- Are you prepared for progress to feel gradual?
- Do you understand that recovery may include emotional ups and downs?
- Have you thought about how you may feel if you need help longer than expected?

6. Identity and Routine Changes

What parts of your normal life may be hardest to pause temporarily?

- Exercise or sports
- Work or school routine
- Social plans
- Independence
- Feeling productive or physically strong

7. Emotional Support

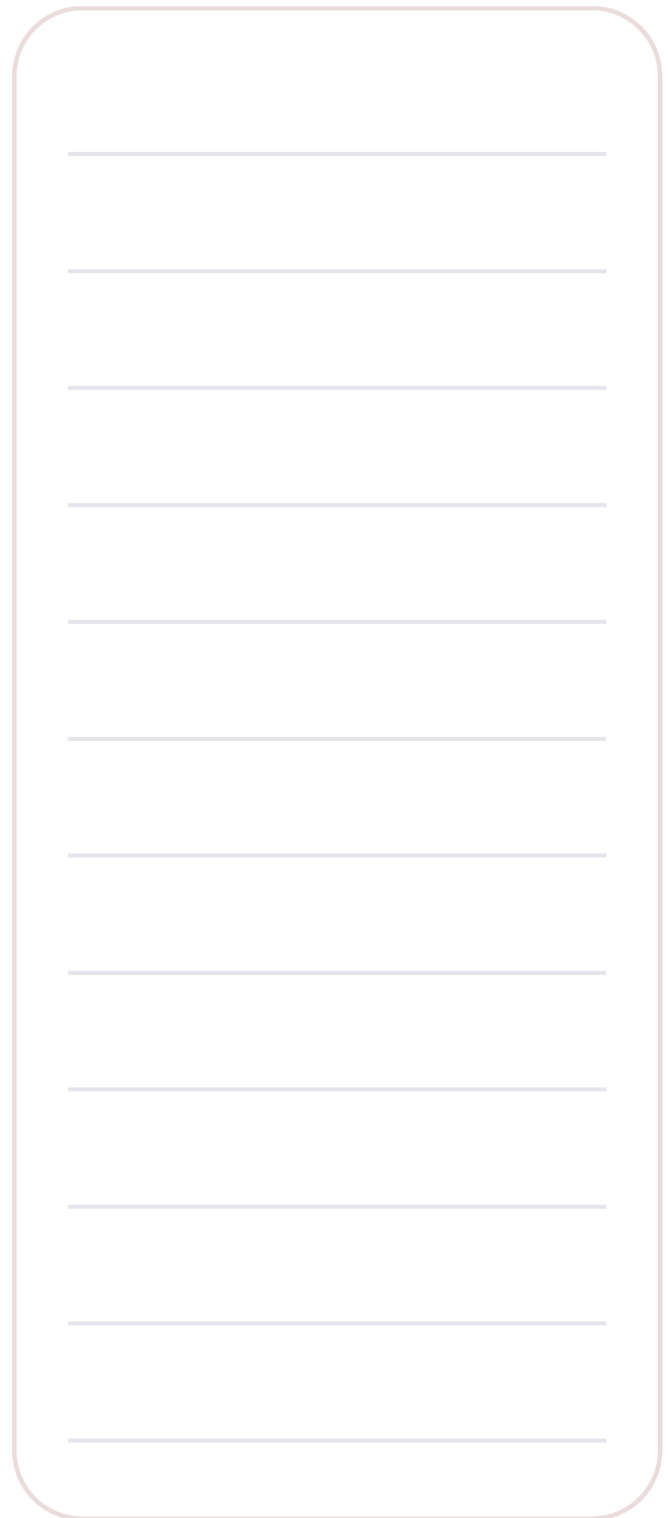
Who can you talk to if recovery feels frustrating or isolating?

- A family member or friend
- Your care team
- A physical therapist
- Someone who understands the recovery process

8. Mindset Going In

A few reminders before surgery:

- Recovery is not always linear
- Slower days do not always mean something is wrong
- It is normal to need help
- It is normal to feel frustrated at times
- Healing takes patience



The more prepared you feel before surgery, the less caught off guard you may feel during recovery.