



## Preparing for Surgery: An Anesthesia Checklist

Surgery is performed to correct a problem or make you feel better. Your procedure might be performed in the hospital, at an outpatient surgery center or even your doctor's office. Whatever type of surgery you're having, you most likely will be given some type of anesthesia to keep you comfortable.

Planning ahead for surgery and anesthesia can help ensure a successful procedure and smooth recovery.

### GETTING READY FOR SURGERY



#### DO YOUR HOMEWORK.

- Are your physicians qualified?
- Is the facility licensed and accredited and are emergency procedures in place?
- Avoid surprise medical bills: ask who will be involved in your care and whether they're in your health insurance plan's network.



#### GET HEALTHY.

- Be as active as you can, eat right, and get good sleep.
- Stop smoking as soon as possible, even if you stop just days before the surgery.



## TALKING TO YOUR PHYSICIANS



### FIND OUT WHO WILL PROVIDE THE ANESTHESIA.

- Be sure your anesthesia care is led by a physician anesthesiologist.



### TALK WITH YOUR PHYSICIAN ANESTHESIOLOGIST AND DISCUSS:

- Your health and medications.
- Your use of recreational or illicit drugs.
- Your experience with anesthesia.
- Your fears.
- Your questions.
- Your recovery.



## PREPARING FOR THE DAY OF THE SURGERY

As the day of the surgery arrives, plan to:



### FOLLOW PRE-SURGERY DIRECTIONS AND DIET.



### BRING A FRIEND.



### WEAR COMFORTABLE CLOTHING.

