

(un)cancer

Pre- Surgery
Checklist

Preparations to make before you undergo surgery

- Ask your surgeon about their experience performing the specific procedure you are having to make sure they are qualified with the appropriate training.
- Ask your surgeon what the best and worst case scenarios are. This will help you manage expectations so you are not caught off guard.
- Make sure the facility is licensed and accredited, and emergency procedures in place. This is especially necessary if you are having surgery outside of a hospital, for example at an outpatient facility or at your doctor's office.
- Read and make sure you have signed consent forms, both for treatment and to receive anesthesia, if necessary. Be sure to talk to your anesthesiologist in preparation for surgery.
- Spend the time before the procedure being active such as daily walks if you can, decreasing your stress levels, eating healthy and getting good sleep. If you smoke, stop as soon as possible, because smoking can cause problems with breathing and recovery from anesthesia and surgery.
- Talk to your health insurance company. Ensure there are no surprise insurance gaps that occur when your insurance plan offers a low premium but limits the number of physicians in the plan's network.
- Before having a medical procedure, ask who will be involved in your care and whether they're in your plan's network.
- Call your insurance company to verify that the hospital or medical center and each physician and provider caring for you are in-network.
- Make sure you complete a Health Care Proxy Form. A health care proxy is a legal document that identifies the person who will speak for you if you are unable to communicate for yourself.