Preparation 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.
As the day of the surgery arrives, plan to:

- **FOLLOW PRE-SURGERY DIRECTIONS AND DIET.**
- **BRING A FRIEND.**
- **WEAR COMFORTABLE CLOTHING.**

For more information about the critical role physician anesthesiologists play before, during and after surgery, visit asahq.org/WhenSecondsCount