

# THE POWER OF PLANNING



If you're having surgery, use this checklist to help you plan. It has questions to ask your care team. And tips to help you get ready for surgery day.

## Talk with your care team

Your **care team** includes:

- 1 Your primary care provider
- 2 Your surgeon
- 3 Other health care providers, as needed

### Surgery

- ☐ Ask why you need this surgery. And how it's done.
- ☐ Ask about any tests you need to do to get ready for surgery.

### Chronic conditions

- ☐ Talk about chronic conditions like diabetes, heart disease and stroke. And how these impact surgery.

### Diet and exercise

- ☐ Ask when you should stop eating or drinking before surgery.
- ☐ Talk about diet and exercise. And how they can help you recover.

### Medicines

- ☐ Make a list of any medicines you take, including over-the-counter medicines like those for pain relief.
- ☐ Ask if you need to stop taking any medicines before surgery.

### Sleep apnea

- ☐ If you have (or think you have) sleep apnea, ask how this may impact your surgery and recovery.

### Smoking or vaping

- ☐ Ask about how this can impact your surgery and recovery.
- ☐ Ask about your options for quitting.

## Call us with questions



Call the number on your member ID card to ask about plan benefits and coverage.  
**We're here to help.**

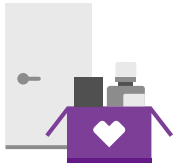
### Benefits

- ☐ Ask if your plan has benefits to support your recovery.

### Coverage

- ☐ Ask if the hospital and surgeon are in the Aetna® network.
- ☐ Ask if you need network exceptions or waivers.
- ☐ Ask about **prior authorization**. If you need it, ask how to get it.

**Prior authorization** is how we make sure a service is medically needed. We work with your care team to learn more about services, like surgery.



## Make a plan

As you prepare for surgery, think about what you may need to plan for at home.

### Calendar

- ☐ Check your calendar for events and appointments.
- ☐ Move anything you may not be able to attend while you recover.

### Medicines

- ☐ Try to pick up any medicines before surgery.
- ☐ Ask your care team about any medicines you may need to take during recovery.

### Recovery

- ☐ Ask your care team about how to prevent infections
- ☐ Talk about exercise and any activities you should avoid

### Home

- ☐ Ask someone to help with things like mail, trash and recycling.
- ☐ Plan meals that are easy to make and eat during recovery.
- ☐ Put together any special recovery gear you may need like a walker or grab bar in the shower.

### Pet care

- ☐ Ask someone to watch your pet(s) during surgery.
- ☐ Make a plan for pet care during your recovery.

## Surgery day checklist

### What to bring with you:



- ☐ Documents and ID
- ☐ List of medicines and allergies
- ☐ Medical items like a sleep apnea machine or walker
- ☐ Personal items like soap and shampoo
- ☐ Cases for glasses, hearing aids and dentures
- ☐ Something to take notes with

### DO:

- ☐ Bring someone who can drive you home
- ☐ Give the hospital an emergency contact
- ☐ Take medicines as directed by your doctor
- ☐ Take off removable items before going into the operation room like dentures, hearing aids, prosthetic devices and wigs
- ☐ Tell the hospital if you need a translator
- ☐ Wear comfortable clothes

### DON'T:

- ☐ Bring valuable things like jewelry, bank cards or cash
- ☐ Put on any lotion, cream, deodorant, makeup, powder, perfume or cologne
- ☐ Wear any metal objects like jewelry and piercings
- ☐ Wear contact lenses – bring your glasses instead

## After surgery

Your care does not end when the surgery is done. The next steps in a care journey include your after-care and recovery.

### Ask your care team about recovery.



- ☐ Ask about to clean your incision site
- ☐ Ask how you can prevent infections



- ☐ Ask how to track symptoms
- ☐ Plan any follow up appointments

Ask your care team how long you'll need to stay at the hospital. They may suggest a skilled nursing facility. Or other inpatient care.

## Know when to get help

### CALL YOUR DOCTOR IF YOU HAVE ANY OF THESE SYMPTOMS:

- ☐ Nausea (upset stomach)
- ☐ Problems urinating
- ☐ Severe constipation or severe diarrhea
- ☐ Temperature of 101 degrees or higher
- ☐ Vomiting (throwing up) that won't stop

### CALL YOUR DOCTOR IF YOU HAVE ANY SIGNS OF INFECTION, SUCH AS:

- ☐ Bleeding at the site
- ☐ Discharge or pus coming from the site
- ☐ Drainage or swelling that seems unusual
- ☐ Redness
- ☐ Warm or hot skin around the site

### CALL 911 OR GET EMERGENCY HELP RIGHT AWAY IF YOU HAVE SEVERE SYMPTOMS:

- ☐ Chest pain or tightness
- ☐ Coughing very hard (or coughing up blood)
- ☐ Fainting or lightheadedness
- ☐ Fast heartbeat or very low blood pressure
- ☐ Trouble breathing



### Questions? We're here to help.

Call us at the number on your member ID card.

See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations, and conditions of coverage. Plan features and availability may vary by service area.