

Preparing for Surgery:

Your To-Do List

- Call your health insurance provider and ask the following questions:
 - Is New England Baptist Hospital in network?
 - Is my surgeon in network?
 - Do I need to obtain a referral?
 - How much will I have to pay out of pocket?
 - Sign up for a pre-operative class by visiting [NEBH.org/myclass](https://www.nebh.org/myclass). NEBH staff members will get you up to speed on your procedure and on your important role in the process prior to surgery.
- Talk to your Primary Care Provider about optimizing your general health.
 - Make sure you are up to date on all of your vaccines, including flu and pneumonia.
 - Special attention toward your dental and diabetic care is important. Also talk to your doctor about managing blood thinners and other medications.
- Watch our video series. If you have someone at home who will be helping you through the process, encourage them to watch as well.
- Quit smoking. Smoking is not good for your overall health and can significantly impact the outcome of your surgery, healing and recovery. If you need help quitting, please let us know.