

INSIGHTS · ISSUE 02 · OCTOBER 2, 2026

Before the operating room: why pre-surgical evaluation exists

Diagnosis finds what needs attention. Pre-surgical evaluation asks a different question: are you ready for the operating room — and what should be optimized first? This issue is the bridge between a clear plan and a calm day in the operating room (OR) for travelers coordinating care in Los Cabos.

Educational only. Not medical advice. One Stop Cabo Health is a medical concierge — not a hospital. Licensed physicians provide clinical care.

Surprises belong in novels, not the night before surgery

Issue 01 made the case for diagnosis first: find the problem early, in writing, before anyone rushes a treatment plan. This issue is about the next clinical gate — the work that happens *before* you enter the operating room (OR).

Pre-surgical evaluation (also called pre-op clearance or medical clearance before surgery) is not bureaucracy for its own sake. It is how clinicians confirm you are medically ready for a specific procedure, identify risks early enough to act on them, and document a clear optimization plan. The goal is simple: you cross the OR threshold with a plan, not a question mark.

For international patients, that gate also protects the trip. Flights, lodging, and procedure dates only hold if clearance and risk review are owned by someone who keeps the sequence straight.

Who needs a pre-surgical evaluation

Two paths usually lead here.

You already have a procedure in mind

Orthopedic, spine, bariatric, general, urologic, gynecologic, [plastic](#), or pain procedures — if you are planning an operation in Cabo, clearance is part of readiness, not an optional extra. Share the procedure you are considering (or prior records). Clinical review then maps the checklist to *your* case, not to a generic package name.

Something turned up on a checkup

An executive health checkup can finish in one to two days with labs, imaging as indicated, and an internist review. When findings point toward an operation, the next written step is pre-surgical evaluation — still with the same concierge, not a restart with a new team. Finding something is a reason for a plan, not a reason to improvise.

You do not need a surgeon chosen before you inquire. You need a clear description of what you need — or records someone can review.

What “clearance” usually means

The exact panel depends on the planned procedure, your history, and specialist requirements. A typical pre-surgical evaluation can include:

- Laboratory work required for clearance
- Imaging as needed for the procedure and risk review
- Cardiac clearance when indicated
- Anesthesia risk assessment, using tools such as ASA, METs, and RCRI when appropriate
- A written optimization plan before you enter the OR

“As needed” and “when indicated” matter. Clearance is matched to the operation and to you — not to a brochure checklist that pretends every patient is the same.

ASA, METs, and RCRI in plain language

Clinicians often use short scores and measures when they talk about anesthesia and cardiac risk. You may see them in notes or hear them in conversation. Here is what the acronyms mean on first pass:

- **ASA** — American Society of Anesthesiologists physical status classification. A common way the care team describes overall physical status before anesthesia.
- **METs** — metabolic equivalents. A rough measure of functional capacity: how much physical work your heart and body can handle.
- **RCRI** — Revised Cardiac Risk Index. A tool used to estimate certain cardiac risks around noncardiac surgery.

These are clinical tools, not report-card grades you “pass” to buy a plane ticket. Your written plan should reflect what was assessed and what, if anything, needs attention before the OR — without burying you in jargon.

The written optimization plan

Clearance is incomplete if the only output is a verbal “you’re fine.” A useful pre-surgical evaluation leaves you with a written optimization plan: what was reviewed, what needs attention before the procedure, medication or timing notes when relevant, and records your physicians at home can use.

That document is how ownership travels with you. It is also how the same concierge keeps checkup findings, clearance, and – if you proceed – surgery on one timeline instead of three inboxes.

Travel timing — clearance before the OR

Sometimes clearance and surgery are sequenced on one carefully planned trip. Sometimes clearance comes first and the OR follows on a later date. Which sequence fits depends on the procedure, the findings, and clinical review — not on a marketing calendar.

Do not assume same-week surgery until that review confirms it. A calm itinerary protects the clinical day: fasting or timing instructions when needed, transfers that hold, and bilingual support at the bedside when you are in Cabo. Rushing the gate is how surprises sneak back in.

Why ownership matters more than booking à la carte

You can arrange tests one by one. What often breaks down for international patients is ownership: which tests, in what order, who reviews cardiac risk, when anesthesia signs off, how results travel home, and who still answers the phone if the plan changes.

A medical concierge adds one dedicated owner of the case — dates that hold, a written plan, bilingual coordination, and logistics around clearance appointments — so readiness and the eventual procedure stay on the same team. One Stop Cabo Health coordinates; licensed clinicians at the hospital perform the clinical work. Care is coordinated at top-level private hospital facilities in Los Cabos.

From diagnosis first to OR-ready

A prompt, clear diagnosis is still the base. If you are earlier in the journey — prevention after 40, a full diagnostic reset, or family-history questions that need a written endoscopy or imaging plan — start with diagnosis, not with an OR date.

When diagnosis points toward an operation, pre-surgical evaluation is the bridge: clearance, risk review in plain language, and a written optimization plan. For what's typically included and how to start a case, see the service page. For why diagnosis comes before treatment plans, see Insights Issue 01.

- [Diagnosis first: why a clear plan beats “wait and see”](#)
- [Executive health checkup in Los Cabos](#)
- [Pre-surgical evaluation in Los Cabos](#)

Share your procedure — or your checkup records.

[Start a confidential case](#)

[See what's typically included in pre-surgical evaluation](#)

contact@onestopcabohealth.com · Same-day typical reply

Frequently asked questions

What is a pre-surgical evaluation?

A pre-surgical evaluation is the medical clearance work done before surgery — laboratories, imaging as needed, cardiac clearance when indicated, and anesthesia risk assessment — with a written optimization plan. It confirms readiness for a specific procedure rather than offering a broad preventive checkup.

Who needs pre-surgical evaluation before surgery in Los Cabos?

People who already have a procedure in mind, and people whose executive checkup findings point toward an operation. International patients often need clearance and a written plan before travel so the clinical day and the itinerary stay aligned.

What do ASA, METs, and RCRI mean?

ASA (American Society of Anesthesiologists physical status) describes overall physical status before anesthesia. METs (metabolic equivalents) estimate functional capacity. RCRI (Revised Cardiac Risk Index) helps estimate certain cardiac risks around noncardiac surgery. Your care team uses the measures that fit your procedure and history; your written plan should explain what was assessed.

How is pre-surgical evaluation different from an executive health checkup?

An executive checkup is a broad diagnostic and preventive evaluation, usually over one to two days. Pre-surgical evaluation is focused on readiness for a specific procedure. Many patients move from checkup findings into pre-surgical evaluation with the same concierge; others come straight to clearance when they already know they need surgery.

How do I start a pre-surgical review with One Stop Cabo Health?

Email contact@onestopcabohealth.com with your planned procedure or attach prior records — or start a confidential case on the contact page. One concierge typically replies the same day and returns a written clearance and travel plan after clinical review, usually within days.

Ready for a written optimization plan?

Tell us the procedure you are considering — or share records from your checkup. One dedicated concierge replies, usually the same day.

Start a confidential case

Pre-surgical evaluation in Los Cabos

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Read online: www.onestopcabohealth.com/insights/before-the-operating-room