



6 Insider Tips for Getting a Doctor's Appointment During the Holidays

For those considering plastic surgery, the holiday season provides an optimal time to recover. Not only do people have built-in days off, but many also have accumulated vacation days that they can use for their recovery time, notes New York City board-certified plastic surgeon [Dr. Melissa Doft](#). Plus there are surgical procedures that [insurance will sometimes cover](#), and people want to wait until they've hit their deductible at the end of the year so they can tap into those benefits, she adds.

Make sure any pre-op prep is done

If you're on the waitlist for plastic surgery, get everything in order beforehand. "Do things such as booking an appointment with your primary care doctor for pre-op clearance, having bloodwork done, asking your surgeon if there are any supplements you need to stop taking, lining up someone to help you during your recovery," advises Dr. Doft. "Figure out all the things that you can control so that if there's a last-minute cancellation and your doctor can suddenly see you, you're ready to go."

Direct link: <https://www.realsef.com/news/holiday-doctor-appointment-tips>