



GENERAL INFORMATION

(Prior to Surgery)

Please **discontinue** at least 2 weeks, and preferably 3 weeks prior to surgery, the use of:

- Aspirin or Aspirin-like products
- Non-steroidal anti-inflammatory drugs (NSAIDS), such as Voltaren, Naprosyn, Indocid
- Iscover, Plavix, Co-plavix
- Naturopathic preparations that contain Fish-oil/Omega 3 oil, Glucosamine, Ginko-Biloba, Garlic (dietary is okay), Ginseng, Chia seeds.

It is highly recommended all smokers **discontinue smoking** for at least 3 weeks prior to surgery. Long-term effects of smoking cause narrowing of the small blood vessels that traverse the skin and other tissues. This, in effect, decreases the circulation to the tissues and subsequently their ability to heal.

You should shower on the morning of the procedure. Shampoo your hair as normal. Do not wear deodorant or perfume and please do not wear body lotion. Makeup and nail polish should not be worn, as this can make it more difficult to monitor you under an anaesthetic.

Please **do not** eat or drink after midnight unless advised by your surgeon or their secretary, or your anaesthetist.

Try to get 8 hours sleep the night before surgery.

Please **do not** wear a T-shirt or clothing that requires to be pulled over the head.

If you are having a general anaesthetic or sedation, you need to have someone available to provide transportation for your return home. You also need to have someone stay with you the first evening home. You will not be allowed to travel home unaccompanied via a Taxi/Uber, nor can you spend your first evening home alone. If you do not have someone to take you home and to stay with you for your first evening home, you will be required to stay overnight in hospital.

It would be best **not to plan any activities for 7 to 10 days following your surgery.**

Please call your surgeon's rooms if another physician has requested you begin or change any previous medication.

Should you not understand any of the foregoing, or should you want further information, please ask. Occasionally questions will arise after you have left your consultation. Feel free to call for additional information. If necessary, additional consultation visits can be scheduled. Find out all you need to know. It is our desire that all patients are fully informed.

This information included in this sheet is general information only. Please contact the surgery on (08) 9380 0333 or alternative phone numbers as shown on your appointment card if you have any concerns regarding your post-operative recovery.