

PREOPERATIVE INSTRUCTIONS BEFORE SURGERY:

1. Do not take aspirin, medications containing aspirin, or any anti-inflammatory medications for two weeks prior to surgery. e.g., Alka Seltzer, Excedrin, Nurofen, Ibuprofen, etc. If you need a pain reliever during this period, please take Paracetamol.
2. Do not take Vitamin E or alternative medicines (i.e. Gingko Boloba, St. John's Wort, or Ginseng) for two weeks prior to surgery, unless approved by your surgeon. These may interfere with the clotting process.
3. You must arrange to have a responsible adult over the age of 18 to drive you home after surgery.
4. Please report any signs of a cold or infection occurring within two weeks prior to your surgery.
5. PLEASE BE AWARE THAT SMOKING OR THE USE OF UNAUTHORIZED MEDICATIONS CAN LEAD TO COMPLICATIONS AND JEOPARDIZE THE RESULTS OF YOUR SURGERY.
6. Avoid sun burning or over exposing your skin to sunrays for two weeks *prior* to surgery. Any evidence of sunburn will result in your surgery being cancelled.
7. Weight gain can increase your risk of surgery as well as affect the aesthetic and functional results. A weight gain of 5 lbs. or greater between the time of your initial consultation and your preoperative visit may result in your surgery being cancelled.
8. Please bring a list of all your medications with you on the day of surgery.
9. Drink plenty of fluids throughout the day before your surgery.
10. If you are undergoing any form of breast surgery, please ensure you bring a suitable sports bra to wear after your operation.
11. If you are undergoing either liposuction or an abdominoplasty, please liaise with your surgeon regarding the need for a pressure garment. If required, this may have to be ordered for you according to your size.

ON THE DAY OF SURGERY:

1. Please do not eat anything or drink any milky fluids for six hours prior to your surgery. You may drink water up to four hours before your surgery.
2. If you regularly take prescribed antihypertensive medication in the morning, please take them with a small sip of water.
3. Please arrive one hour prior to your procedure and report to reception. You will be directed to your ward where you will meet the anaesthetist and your surgeon.
4. IF YOU ARE BOOKED FOR A DAYCASE PROCEDURE YOU MUST ARRANGE TO HAVE SOMEONE PICK YOU UP AND STAY AT HOME WITH YOU THAT EVENING. IF YOU DO NOT HAVE A RESPONSIBLE ADULT OVER 18 YEARS OF AGE TO STAY WITH YOU THE FIRST EVENING, YOUR SURGERY MAY BE CANCELLED UNLESS WE ARE ABLE TO ARRANGE AN OVERNIGHT STAY IN THE HOSPITAL. THIS WILL INCUR AN ADDITIONAL COST.
5. Wear comfortable, loose fitting clothes that do not have to be pulled over your head, i.e., a button-down or zipper blouse or shirt and loose fitting skirt or trousers. NO MAKE-UP (including lipstick, mascara, nailpolish etc.), JEWELLERY, PANTYHOSE, OR HIGH HEELS. Do not apply lotion to hands or body. PATIENTS WHO WEAR MAKEUP MAY BE AT A HIGHER RISK FOR INFECTION.
6. Please contact your surgeon prior to your surgery if you have any questions.