

# YOUR ROLE IN THE ANAESTHETIC

Please read the following information carefully. Contact the surgery if you require assistance or further information.

1. Confirm the surgery and admission time with us 24 hours prior to the procedure
2. **No food or drink for 6 hours prior to the procedure (no food, no water and no chewing gum)**
3. **Please bring a blanket for your recovery**

## **PRESCRIPTION MEDICATION**

4. If you take prescription medication and you are required to do so within the 6 hour fasting period, prior to the procedure please ensure that you use only a small sip of water and do not consume anything at all for at least 1 hour prior to the procedure.
5. When you arrive for your procedure, please inform your surgeon and anaesthetist of the time of your last dosage.
6. Please note, if you are taking blood thinners (eg. Aspirin, Nurofen, Warfarin) you will be required to stop taking the medication for at least 1 week prior to your procedure. Please consult your doctor before discontinuing any prescribed medication.
7. On the day of your procedure, please bring with you ALL your prescription medications, including inhalers such as Ventolin.

## **NON-PRESCRIPTION PRODUCTS**

8. Please stop taking any vitamins or herbal products effective immediately and until after your procedure.

## **SMOKING & ALCOHOL**

9. Smokers may have delayed recovery or an increased predisposition to complications. Avoidance of smoking and improving the general health with light to moderate exercise (eg. walking) in the period leading up to the procedure helps improve recovery and reduce the risks.
10. Do NOT consume any alcoholic beverages within 24 hours of your procedure.

## **CLOTHING & MAKEUP**

11. Please wear comfortable loose-fitting clothing and comfortable shoes. No facial makeup. Men should shave the day of the appointment (except men with full beards or mustache need not shave).

## **GETTING HOME**

12. It is essential that you make arrangements for a reliable person to take you home and stay with you for the first 24 hours after your procedure.
13. At home, please follow the post operative instructions given to you and limit your physical activities.
14. Do not drive or operate machinery for 24 hours following your procedure, and avoid making any legal or financial decisions.