

## Pre-Operative Instructions

Practice Nurse – Alicia      [alicia@tsvllc.com.au](mailto:alicia@tsvllc.com.au)

Reception – Robyn      [reception@tsvllc.com.au](mailto:reception@tsvllc.com.au)

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- Please read all of your surgical quote thoroughly and contact the rooms and speak to Robyn if you have any queries.
- Complete your hospital paperwork and lodge at least **ONE WEEK** prior to your surgery date.
- You will be phoned the **DAY BEFORE** for your admission and fasting instructions.
- When fasting for surgery – this means **NO FOOD OR FLUIDS**, including chewing gum, lollipops, sips of water. Your anaesthetist may contact you directly and give you different instructions, so please follow these. Please speak to Alicia about any concerns with your medication.
- Please advise the rooms if you are taking any form of blood thinners (warfarin, plavix, aspirin, pradaxa, apixaban or xarelto). You will be advised of when to cease this medication by Alicia.
- It is also beneficial to **cease all over the counter herbal and vitamin medications** one week before surgery, as their interaction with other medications is not known.
- You may continue to take NSAID's (Mobic, Celebrex, Indocid, Naprosyn) prior to surgery.
- Please advise Alicia if there are **any changes to your health circumstances** between the time that you book surgery and your surgery date.
- Keep your skin free of **cuts and grazes**. If you have sustained any grazes or cuts please contact Alicia before surgery so these can be reviewed.
- If you have a **cold or flu**, please contact Alicia immediately for advice.
- Bring your current medications in their packets into hospital with you (not Webster packs).
- Most patients will meet with the anaesthetist on the day of surgery. Any patients with a complicated medical history may be contacted prior to the surgery day.
- If you have been told to bring **all your scans** into hospital please do so.
- You must **shower on the day** of surgery before coming into hospital.
- **Do not** wear any jewellery, make-up or nail polish on the day of surgery. Any false or gel nails must be removed on the left hand to allow monitoring your vital signs during surgery.
- If you are staying overnight don't forget to bring some day clothes, toiletries and closed in shoes (no thongs or slippers).
- A **post-operative instruction sheet** and **discharge checklist** will be given to you before discharge. This package has vital information about recovery, exercising, caring for your wounds, your next appointment, and tips on how to take your pain relief and prevent clots. Please read this information thoroughly. If you require further information, please contact the rooms or email Alicia for advice.
- Your next appointment will be between **10 – 14 days** from the surgery date.
- If you require a medical certificate please ask **prior to the surgery day**.
- You **WILL NOT** be allowed to drive yourself home from surgery or take a taxi.
- **PLEASE MAKE ARRANGEMENTS FOR TRANSPORT HOME FROM HOSPITAL PRIOR TO ADMISSION**

**If you are having any concerns or questions, please do not hesitate to contact the rooms for advice and guidance.**