



# Pre Operative Instructions

## General Anaesthesia

Before surgery, you can play an important role in your own health and recovery. I would like you to be aware of some information that will help to avoid complications and promote the best outcome.

If you have any questions or worries, please get in touch with us beforehand. You will find the morning to be a busy time and we want it to be as relaxing for you as possible.

### GENERAL

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If you are a smoker, it will be greatly beneficial to stop smoking completely at least 4 weeks prior to surgery and 4 weeks after, as smoking interferes with the blood supply to the skin and healing and increases the risk of infection, wound breakdown and wound healing complications

Avoid sun burn or over exposure of your skin to the sun for two weeks prior to surgery as well as in the postoperative period.

Weight gain can negatively affect the aesthetic results of body contouring surgery (liposuction, abdominoplasty, breast reduction etc). A weight gain of 2.5kg. or more between the time of your initial consultation and your preoperative visit may affect the final result.

### MEDICATION

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For 10 days leading up to surgery, please avoid any non-prescription medications as they can interfere with your body's clotting processes. This includes herbal remedies such as Vitamin E, Gingko Boloba, St. John's Wort, Omega 3 fatty acids and Ginseng.

If you require pain relief, please use only Paracetamol and DO NOT take non-steroidal anti-inflammatories (NSAIDs, e.g. Brufen, Ibuprofen, Voltaren, Naproxen etc.), Cox-inhibitors (e.g. Coxflam) or medication that contains Aspirin.

If you do use Aspirin or Disprin on a regular basis, please inform Dr Dower and your Anesthetist. This will usually be stopped 10 days before surgery unless you are taking this for a previous heart attack, stroke, cardiac stent or cardiac surgery, in which case this will need to be decided on an individual basis.

**If you are taking diabetic medication or blood thinning medication (Warfarin, Plavix, Xeralto), please read the below very carefully.**

- **Diabetics** – do NOT take any oral diabetic medication on the day of surgery. For morning procedures, do not use insulin during the morning but bring it with you to the hospital. For afternoon cases, eat a small breakfast before 7am, take half your usual insulin dose and bring your insulin with you to the hospital.
- **Blood thinning medication (Warfarin/Xeralto/Plavix)**– please notify Dr Dower and your Anesthetist should you be on any of these medications, as this will need to be managed on an individual basis in the lead up to the day of surgery.

Regular medication (excluding Warfarin/blood thinners and Diabetic medication – see above) should be continued as usual including the morning of surgery (taken with a small sip of water)

It is helpful to bring a list of your prescription medication and their dosages (preferably with medication in it's bottles) to the hospital on the day of surgery. If you use an asthma pump, please remember to bring it along too.

### WHEN TO HAVE YOUR LAST MEAL

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The day before surgery, drink plenty of fluids.

#### Have your last:

Large, fatty meal - 8 hrs pre-op

Light meal, milk formula - 6 hrs pre-op

Breast milk (for infants) - 4 hrs pre-op

Clear fluid - 3hrs pre-op (Water, Tea/Coffee: no milk or sugar,  
fresh juice: clear, no pulp (not cloudy apple or orange juice)

# Preoperative Skin Preparation Procedure

Skin is not sterile, and although your skin will be prepared with antiseptic before your surgery, the antiseptic can work better if your skin is as clean as possible, particularly the area where an incision will be made.

For best results, you should shower the evening before as well as day of your surgery, using an antibacterial soap. The soap has a protective layering effect which maximizes its effectiveness with every use.

Soap containing chlorhexidine gluconate (CHG) is recommended - an example is Sterisrub and this can be found at most pharmacies. Studies have shown that although CHG works best, it is more important that some form of anti-bacterial soap is used before surgery.

*Follow the five steps below to ensure your skin is thoroughly disinfected before surgery.*

1. Wet your face and wash with undiluted soap, especially around the nose. Take care to avoid your eyes and ears
2. Wet your body, then use your hands or a single use washcloth to wash your body. Always work downwards. Pay special attention to your armpits, skinfolds, groin, buttocks and anal areas, as well as the area of planned surgery
3. When you've washed all areas, rinse thoroughly under running water.
4. Repeat the previous steps, but this time start with your hair, and then work downwards from your head to your feet.
5. Rinse thoroughly under running water. Dry yourself with a clean towel and put on clean clothes.

## IMPORTANT TIPS ABOUT SKIN PREPARATION

- Use gentle friction with a washcloth or soft sponge, avoid rough scrub brushes and harsh scrubbing.
- Please take care not to use this product near your eyes or ears.
- Discontinue use immediately should you experience any skin irritation
- Avoid use if you are allergic to any of the ingredients.
- Bathing is not recommended as bacteria need to be washed off the skin. This is more effectively done in a shower. If one is not available, try to rinse with running water.
- Your towel, clothing (including pajamas worn the night before the procedure) and bed linen must be clean so that organisms are not re-introduced to the skin.
- Wear clean clothes on the day of your surgery
- Do not use lotion, cream, powder or perfume after washing. You may apply deodorant.

## HAIR REMOVAL BEFORE SURGICAL PROCEDURE

In the week prior to surgery you should not shave, wax or remove hair with depilatory products in the vicinity of the planned surgery. Shaving causes small, often unseen cuts and abrasions on the skin surface which act as entry sites for bacteria. Depilatory products can cause skin irritation.

Hair is only removed if it will interfere with the surgical procedure. It will be removed as close as possible to the time of surgery, in hospital, using clippers with a single-use disposable head.

## ON THE DAY OF YOUR SURGERY

Please arrive early for your procedure – There will be admission forms to be filled in and your Anesthetist would like to meet you to discuss your health, medication and previous anesthetic experience as well as answer any questions you may have. Wear comfortable, loose fitting clothes that do not have to be pulled on over your head, i.e., a button-down or zipper blouse or shirt and loose fitting skirt or pants.

Leave valuables at home.

It is best not to wear make-up (including lipstick, mascara and nail polish – as this puts you at higher risk of infection)

Regular medication (excluding Warfarin/blood thinners and Diabetic medication – see above) should be continued as usual including the morning of surgery (taken with a small sip of water)