

## PRE OPERATIVE CARE

**\*\*Please ensure you follow the instructions given to you as they have been written with your welfare in mind. Please do not hesitate to call the rooms if you have any questions regarding your care\*\***

### ADULTS

#### One Week Before Surgery

1. Avoid non-prescription products containing aspirin and/or aspirin like compounds. NSAID (anti-inflammatory) analgesics. Dr Maine needs to know of any drugs that may interfere with the anaesthetic.
2. Avoid prescription and non-prescription products containing Ibuprofen and Naproxen sodium.
3. Avoid Vitamin E. We also recommend not taking natural herbs, such as St. John'sWart, Ginko Biloba and Feverfew as this can effect bleeding and the effect of other drugs.
4. Panadol products are OK.

#### Nigh Before Surgery

1. Take nothing by mount after midnight the night before your surgery or six hours prior to surgery. This includes not drinking any liquids, eating food, chewing gum, having a mint or smoking cigarettes.
2. Adults can shower or bathe the night before their surgery, or on the morning of surgery, do not swallow any water.
3. Do not smoke or drink alcohol 24 hours before your operation.

#### Day of Surgery

1. Take your usual morning blood pressure and heart medication with a sip of water. As your anaesthetist about any other medications you take.
2. Do not wear any makeup on your face or around your eyes on the day of surgery.
3. Do not wear any fingernail polish. If you have acrylic nails, remove the acrylic and polish off at least one of the fingers.
4. Wear your gasses instead of contacts on the day of surgery. If you must wear your contacts the day of surgery, please bring a container for your lenses.
5. All jewellery must be removed, including all body piercing jewellery.

#### CONSULTING ROOMS

North West  
Specialist Centre  
Suite 7 137a Flockton Street  
Everton Park QLD 4053

P 07 3177 2779  
F 07 3188 7649  
E [reception@qldlrc.com.au](mailto:reception@qldlrc.com.au)  
W [qldlrc.com.au](http://qldlrc.com.au)

## **CHILDREN UNDER 12 YEARS OF AGE**

1. Do not eat anything after midnight the night before your surgery if your operation is in the morning, or 6 hours prior if your surgery is in the afternoon. This includes not eating any food, chewing gum, having a mint or smoking. You may have water only up to four hours before your scheduled operation.
2. Wear comfortable clothing, preferably a button down shirt. Bring extra underwear or nappies for young children. If they are taking a bottle, please bring one empty bottle and one with their usual formula. It is suggested that you bring a security item for them, such as a favourite toy, blanket and spare nappies are useful just in case.

### **Before Your Operation**

1. Please discuss the option of an early breakfast with Dr Maine or your anaesthetist, if your surgery is scheduled for later in the day.
2. If you are having a day case procedure, you must arrange for a responsible adult to take you home and stay with you over night.
3. Please inform the rooms if the skin on the limb or area of your surgery gets scratched or damaged.
4. If you develop a cold, persistent cough, fever or any other health related problems, or if you need to cancel surgery, please notify the rooms.
5. You have the right to expect appropriate pain relief. We may not be able to rid you of all of your pain, but we can lower your pain to a level you can handle. Please ensure you communicate your level of pain to the nursing staff.