

## Preoperative Guidelines

Prior to surgery you will be provided with full preoperative instructions. However, please be aware of some of our key guidelines:

### Fasting

Preoperative fasting is essential for the safe induction of anaesthesia.

- 0-2 hours before anaesthesia: No intake of food or liquids.
- 2-6 hours before anaesthesia: 1-2 glasses of water.
- 6-8 hours before anaesthesia: Light non-fatty meal and clear fluids.
- 8 hours before anaesthesia: Free intake.

### Medication

Some drugs can interfere with normal blood clotting and increase the risk of bleeding and bruising.

- Aspirin (acetylsalicylic containing medication), or any non-steroidal anti-inflammatories (NSAID) must be discontinued one week prior to surgery.
- Anticoagulants such as Warfarin must be discontinued four days prior to surgery.
- Alternative medicines, fish-oils, Vitamin E, and herbals such as Ginkgo, garlic, ginseng, and ginger tablets must be discontinued two weeks prior to surgery

### Smoking

Smoking inhibits the healing process of all tissues.

- Smoking should be stopped 2 weeks before surgery and should not be resumed until after you have healed.

### Alcohol

Alcohol can interact with medications that may be required during your treatment.

- Avoid drinking alcohol from 3 days before your surgery.