
Pre-Operative Instructions and Guidance

You will have an important role to play in ensuring you have the best surgical experience, with great results and the lowest risk of complications. In an effort to adequately prepare you for your upcoming procedure we have created a list of general pre-operative guidelines.

Smoking

Stop smoking 6 to 8 weeks before and 2 weeks after your surgery.

This includes the use of nicotine gum, patches and spray.

It would be a good idea to consider quitting smoking all together to increase the lifetime of your plastic, reconstructive and/or cosmetic surgery.

Why: Nicotine reduces blood flow to the skin which interferes with the healing process. This can lead to an increase in post-operative complications such as your risk to infection or blood clot formation.

Prescription medication

Do take your regular medications with a very small sip of water first thing the morning of your surgery.

- Heart medication
- Blood pressure medication
- Anti-acid reflux medication
- Steroids and immunosuppressants.
- Thyroid medication
- Anti-seizure medication
- Asthma medication
- Insulin - check with your Surgeon/GP regarding your morning dose the day of surgery.

If you are unsure as to which medication you can, or can't, take check with your Surgeon or Anaesthetist.

Blood thinning medication

Blood thinning medications may need to be stopped several days before surgery. It is extremely important to discuss this with your Surgeon and GP.

Some Aspirin, Warfarin (Coumadin), Apixaban (Eliquis), Dabigatran (Pradaxa), Edoxaban (Savaysa), Rivaroxaban (Xarelto), Plavix, Heparin, Clexane

Why: Blood thinning medications prolong blood clotting times and can increase the risk of intra-operative and post-operative bleeding.

Anti-inflammatory medication

Stop taking any anti-inflammatory medications 2 weeks before your surgery.

Some of these include Aspirin, Disprin, Nurofen, Ibuprofen, Brufen, Naproxen, Naprosyn, Voltaren, Celebrex.

Why: Anti-inflammatory tablet can cause prolonged bleeding intra -operative and immediately post-operative. They interfere with normal blood clotting.

If you need pain relief for a headache, aches or pains then it's Ok to take Panadol.

Birth control

Oral Contraceptives - if you have a history of Deep Vein Thrombosis (DVT) then stop your OCP prior to surgery. Implanon can remain insitu.

Herbal Supplements

Stop taking herbal supplements and herbal teas 2 weeks before, and 2 weeks after your surgery.

These include those containing Vitamin E, Garlic, Ginger, Ginkgo, Ginseng, Kava, Green Tea, Fish oil, St John Wort, and Diet pills.

Why: Herbal extracts can increase the risk of bleeding by inhibiting the blood clotting factor, affect blood pressure, and/or interfere with your anaesthesia. Diet pills can interfere with your anaesthesia and can cause cardiovascular concerns.

PTO

Alcohol

Stop drinking alcohol 72 hours before your surgery day.

Fasting

Compliance is very important. Your surgery will be cancelled if you have not fasted.

Fast from midnight the night before your surgery. This includes all fluids and food. For those on medications that must be taken in the morning e.g. blood pressure or heart medication, you can have these with a sip of water.

Why: To prevent you from vomiting as the anaesthetist puts you to sleep.

Discharge

The hospital will not discharge you without someone to take you home. You will not be allowed to drive yourself home, catch a cab, or catch a bus. Please make arrangements for a family member or close friend to collect you on discharge. It is also advisable to have someone stay with you the first 24 hours after you get home.

Loose fitting clothes

Bring loose fitting clothes to wear post op. Tops that have buttons/zip in the front e.g. blouse, and pull on pants e.g. trackie pants. Flat slip on shoes are ideal also

Why: For ease of getting dressed depending on the surgical procedure you are having, and also for comfort.

DO NOT

- wear make up
- wear jewellery
- wear piercings
- wear contact lenses (bring your glasses and your glass case)
- bring valuables to the hospital
- use moisturiser, talc powder, underarm, or lotion on your face and body.
- have nail polish on your nails
- remove artificial or gel nails.
- use hair gels and hair spray
- apply perfume
- wear hair pieces i.e. hair extensions
- wear hair accessories
- take over-the-counter cough and cold medications

Why: The above will add bacteria to the skin and increase the risk of infection. Wearing nail varnish, gel or artificial nails will interfere with the ability to monitor your oxygen levels during surgery.

Dentures/partial dental plate

Dentures and partial plates can remain insitu.

Morning of surgery

Have a shower, shampoo and condition you hair as normal.

You can brush your teeth but don't swallow any water.

Support/Compression Garments

Take your support/compression garments with you to the hospital. Make sure that one garment goes with you to the operating theatre.

Your surgeon will place the support/compression(s) garment on you once your procedure is finished.

Pre op skin preparation

A/Prof Anand Deva - nil

Dr Gazi Hussain – nil

Dr Louis Wessels – wash your body with PhisoHex for the 3 days prior to your surgery, and the morning of your surgery. Wash and condition you hair as you normally would.