

## PRE-SURGERY PREPARATIONS

1. Medication – Please avoid the following for two weeks before and two weeks after surgery: all herbal medications, vitamin E, Ibuprofen, Aspirin and similar painkillers. If you are on regular blood thinning medication (Aspirin, Clopidogrel or Warfarin), let me know.
2. Smoking – If you smoke, you will need to stop at least four weeks before surgery. Please avoid any Nicotine (i.e. e-cigarettes, Nicotine patches or gum) for the same duration as Nicotine affects the circulation and delays wound healing, increasing risk of poor scarring.
3. Pre-operative assessment – The hospital will arrange for a pre-assessment 1-2 weeks before the surgery where the nurses will enquire about your general health and arrange for blood tests. Please bring all your medication/prescription with you.
4. Shower – Please shower with Hibiscrub antiseptic solution (you should receive this at the pre-assessment visit) the day before and again on the morning of surgery. For surgery of face/neck/ears please use the Hibiscrub as a shampoo as well.
5. Admission – The hospital will send you date and time for the admission. If you are having general anaesthesia, please do not eat or drink for at least six hours before admission. You can still take any regular medication with a small sip of water. If you are having local anaesthesia, there is no restriction.
6. Support garment – If we have asked you to purchase a pressure garment, please bring it with you to the hospital.
7. The anaesthetist and I will see you in your room before the surgery to confirm details of the procedure and discuss any risks. I will also go through any questions you might have,

Do not hesitate to contact me or the hospital if you have any queries.