

Preparation for Surgery

- Please do not shave the surgical site! It will be done for you if necessary. Shaving yourself increases the risk of infection.

For morning surgery:

- Do not eat or drink anything after midnight the night before surgery unless otherwise indicated. This includes coffee, tea, and juice! Medication with a small sip of water is okay.

For afternoon surgery

- A small breakfast BEFORE 7am is okay and no food, drink or water after that. Your surgery may be cancelled if you do not follow these instructions.

If you are a parathyroid patient, you must bring your parathyroid scan to the hospital with you on the day of surgery.

Do not drink alcoholic beverages 24 hours prior to your surgery, but PLENTY of water.

DO NOT SMOKE for 4 WEEKS before surgery or your risk of serious complications increases.

- Ask us if you are permitted to take your routine medications (such as those for heart, blood pressure or insulin etc.) before arriving for surgery.
- **Stop Aspirin, Warfarin or any other blood thinning medications 5-7 days prior to surgery.**
- Do not bring valuables such as money or jewellery to hospital. Do not wear make-up.
- You will be required to remove contact lenses, jewellery, dentures and wigs.
- Arrange for a responsible adult to drive you home after discharge.
- Notify us if there is a change in your condition prior to surgery (such as a cold, cough, fever or infection)
- Stop all herbal medications and NSAIDs 4 weeks before surgery unless discussed beforehand; Fish oil, krill oil, Glucosamine, Chondroitin, Clove, Fenugreek, Ginseng, Garlic, Gingko, Flaxseed, St John's Wort, Turmeric, Melatonin, Vitamin E, Dong Quai, Chamomile, Evening Primrose and Echinacea which increase the risk of bleeding. **If you are unsure, please contact the clinic to confirm it is ok to continue taking**

The Day of Your Surgery

- On the day of surgery, report to the hospital reception
- If you have not done so already, you will meet your anaesthetist
- After the operation, you will spend time in the recovery room before going to the ward

After discharge, and as long as you are taking prescription pain medicine:

You are NOT permitted to:

Drive a car or operate power equipment or heavy lifting 3 – 4 days after surgery

Drink alcoholic beverages

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Sign important documents