

11.6.2024

Preparing for the operation

Careful reading and observance of these directions are the precondition to carry out your operation.

Preparing for surgery

Take a shower on the evening before the operation. In view of the operation, the skin must be healthy in the zone of the operation and its immediate proximity. Don't remove hair from the zone of the operation.

Do not have anything to eat or drink after midnight on your operation day. Eating or drinking after midnight on the day of the operation causes a high-risk situation for the operation. The non-observance of the directions leads to the cancellation of the operation.

You must not drink **alcohol** on the day before the operation or on the very day of the operation. You cannot either **smoke** on the day of the operation.

Belongings of value must be left home. The hospital does not take responsibility for the objects kept in the ward. You must not put **make-up** on the morning of the operation, and also **artificial nails, nail polish, body-piercings and jewelry** have to be removed before going to the operation room.

If you use CPAP-machine for your sleep apnea, please take your machine with you to the hospital.

Take your regular medicines with you to hospital, also the asthma inhalers. If you use **Omega 3 products**, don't take them until the operation.

Medicines to be taken on the morning of the operation

On the morning of the operation, **at 6 a.m.**, take the following of your medicines: **allergy and asthma medicines, cortisones, beta blockers, long-acting nitros, COPD medicines, stomach acid blockers, anti-epileptic drugs and Parkinson's disease drugs with a little quantity of water. It is important that you take only the before mentioned drugs among your medicines. If you take other medicines, it may lead to the cancellation of your operation.** If necessary, take contact with your Treatment Planner concerning your medication.

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In case of sickness

If you have cough or fever before the operation, the operation has to be postponed **for reasons of safety**. If you have suffered from an infection, you must be in good health **for two weeks** before the operation. Inform the hospital about the infection as soon as possible.

Before the operation you can be in contact with your Treatment Planner during the phone call hours. **On the day of your operation contact Admissions from 7am tel. 044 485 8120.**

After the operation

If you return home on the day of the operation, the pre-condition to return home requires that an adult person comes to take you from hospital and stays with you until the next morning. You must not drive a car during 24 hours following the operation.

When you return home from hospital, you are given written directions for treatment at home.