

# Information for patients

The staff at Shore Surgery looks forward to caring for you during your forthcoming procedure. We realize that this period may be stressful for you, and the following information is supplied to help you prepare for your procedure.

## Food and drink

If you are having a general anaesthetic or sedation with local anaesthetic, you must have **nothing to eat for six hours prior to surgery**. This includes the chewing of gum. The one exception is water, which you may continue to drink until two hours prior to surgery. **Should your specialist give you different instructions, you should adhere to those.** Smoking should be avoided for one week. You must not smoke during the six hours before your operation.

## Medications

Any regular medications should be taken as usual. If you take blood-thinning medications e.g. warfarin, aspirin or St John's Wort ask your specialist if and when it should be stopped.

## Illnesses

If you develop a cold, sore throat, or other illness, between the time of seeing your specialist and coming to Shore Surgery, please contact your specialist or Shore Surgery for advice.

## Pregnancy

If you are pregnant or think you might be, please make sure that your specialist and anaesthetist are aware of this.

## **Clothes and jewellery**

Shore Surgery will provide all the necessary clothing for the operation. Please come comfortably dressed. If you are having an operation on your foot or leg, flat sandals or slippers should be worn. Please do not bring any valuables with you. All make-up especially mascara and eye shadow, as well as chains, earrings and body piercings should be removed prior to your arrival.

## **Documentation**

Your specialist will give you a medical health questionnaire and consent form. Please complete these and bring them with you on the day of the procedure. In the case of a person under 16 years of age, a parent or guardian must sign the consent form. If you have arranged prior approval with your insurance company please bring your approval letter. Any recent investigations (e.g. X-ray films) should also be brought with you.

## **Arrival and departure**

Our centre is in a residential area and parking is limited. We are anxious not to inconvenience our neighbours. We therefore ask that patients be left in our care and collected afterwards. We will advise the accompanying person of the anticipated discharge time and will telephone to confirm that time if necessary. Children who are coming for surgery must be accompanied by an adult who is most welcome to be with them at all times except during the operation, and the initial recovery period.

## **Admission**

On the day of your procedure please come to the Shore Surgery reception on the first floor at the appointed time. You will be asked for your consent form, medical questionnaire and any other relevant documentation. After a stay in the reception room you will be shown to a dressing room where you may need to change into a theatre gown. From there you may be taken to the preoperative room where premedication may be administered, and then into the operating room. We constantly strive to minimize patient waiting time but, as you will appreciate, we cannot always predict exactly how long each case will take. If you are kept waiting please accept our apologies for this.

## After the operation

At the end of the procedure you will be moved to the recovery room where you will remain until you are fully awake and comfortable. We will provide you with light refreshments when appropriate. If your operation is other than a minor one under local anaesthetic a responsible adult must stay with you at home. **Taxis are not an acceptable form of transport home.** Although you may feel clear-headed after your anaesthetic or sedation, your judgment will remain impaired for some hours. It is for this reason that you must not drive, make any important decisions, or perform any tasks that involve the use of machinery, including cooking and food preparation, until the day after your procedure.

## Payment

The operating theatre fees are payable on discharge. Your insurance company or the ACC may cover all or part of these costs. Please ensure that all relevant documentation has been arranged beforehand and bring this with you. Payment may be made by cash, eftpos, cheque or credit card (visa or mastercard).