

PREOPERATIVE INSTRUCTIONS

The following instructions are provided to help you understand and prepare for your upcoming surgery. Please do not hesitate to ask your doctor or nurse any additional questions you may have.

SCHEDULING YOUR SURGERY:

- Once you decide on a surgery date through your Patient Care Coordinator, our office will begin the scheduling process with the hospital or surgical centre.
- A representative from the hospital will verify your records and make an appointment for your preoperative evaluation (if it has been ordered by your surgeon).
- Your preoperative evaluation may either take place in person, or by phone depending on your physician's orders. At your preoperative evaluation, you may meet with a nurse and an anesthetist, have blood work completed, electrocardiogram and x-rays or a combination depending on what is required for your surgery.

MEDICATIONS:

- Please be prepared to discuss any medications you are taking at your preoperative evaluation. This includes any prescription medicines, non-prescription medicines, vitamins, herbs, or supplements you may be taking. It is very important that the nurse conducting the preoperative evaluation knows about all medications you may be taking.
- Please bring all bottles of prescription and non-prescription items to your preoperative appointment (if in person).
- Some medicines such as aspirin, aspirin containing compounds, Coumadin, Pradaxa or Plavix impair the body's ability to form a clot and stop bleeding. Based on your needs, specific details on these medications will be discussed at the time of your preoperative evaluation.
- You will be instructed on what medicines you should and should not take in the days leading up to your surgery and on the morning of your surgery.

LEADING UP TO YOUR SURGERY:

- It is a good idea to complete any personal responsibilities before your surgery, as you want to spend your time after surgery recovering as stress free as possible. Please arrange to have someone available to help with home tasks after your surgery (meals, groceries, childcare, etc) for at least several days following your procedure. The help required will be dependent on your type of surgery and recovery.
- Please arrange to take time off work to recover and allow your body to heal. The time required is dependent upon your occupation (amount of physical exertion required), type of surgery and recovery. You may talk to your surgeon to determine how much time will be needed. If you need a note for your employer, please contact your Patient Care Coordinator, and they will be happy to help.
- Do not smoke 4-6 weeks before your surgery and 6 weeks after your surgery.
- Please stop taking any anti-inflammatory products (Ibuprofen – Advil, Motrin, etc.) and Aspirin at least two weeks before surgery. Please also stop taking any Omega 3 and Omega 6 supplements 2 weeks before surgery.

THE DAY BEFORE SURGERY:

- You will be contacted by the hospital the day before your surgery to receive your arrival time.
- Please have a bath or shower the night before your surgery and wash the area to be operated on. Do not shave near your surgical site. Shaving can irritate your skin, which can lead to infection. Please do not use any scented products or body lotions and it is encouraged to sleep on freshly laundered sheets if able.
- Do not eat any solid food or drink any liquids as instructed at the time of your preoperative evaluation. This includes water, candy and chewing gum. If no instruction has been provided, please stop eating/drinking at midnight the night before your surgery.

THE DAY OF SURGERY:

- If you have been asked to take routine or other medicines on the morning of surgery, please take them with a small sip of water.
- Please wear loose, comfortable clothing and flat shoes (see Annex A for suggestions).
- Please do not wear nail polish, hair spray, body lotion, perfume or make-up.
- Please leave jewelry and valuables at home. This includes wedding rings and all body piercings.
- If you have contact lenses, please wear your glasses and leave contact lenses at home. If you have dentures or hearing aids, you may bring them, but please also bring a case to store them during your surgery (if required).
- Because of urgent cases, there may be a delay in the start of your surgery or, your start time could be earlier than expected if last minute cancellations occur. If possible, bring something to read and arrive early.
- If you receive general anesthesia, you will be taken to the recovery room for approximately 1-4 hours after your procedure. The amount of time in the recovery room will depend on the type and length of your procedure.
- For day surgery, you will be discharged home when you are fully alert.
- A nurse will review your postoperative instructions and prepare you for discharge from the hospital/surgery centre.
- Please ensure you have a responsible adult to take you home and stay with you for at least 24hrs after surgery. You will not be allowed to drive yourself home.

FOLLOW-UP:

- Your follow-up appointment dates will be scheduled before your surgery.
- The first follow-up appointment will be scheduled between 1-14 days after your surgery. This will depend on the type of procedure you are having.
- Your subsequent follow-up appointments are often scheduled 6 weeks, 6 months and 12 months after surgery. More frequent follow-ups may be required depending on your particular case and procedure.

Our goal is to ensure your safety, help you have the best outcome possible and help you feel comfortable during the entire process of your surgery. Please do not hesitate to reach out to us if you have any questions or concerns.

I have read and understand The Ottawa Clinic Surgery Preoperative Instructions.

Signature: _____

Date: _____

Signature: _____

Date: _____

ANNEX A: WHAT TO WEAR THE DAY OF SURGERY

It is important for you to be comfortable. Please ensure that you do not wear anything too tight/restrictive and please ensure what you wear can be easily taken on and off.

Facial Surgery:

- Front button or zip up shirt (no pullovers)
- Sunglasses (and hat if desired)

Arm Surgery:

- Front button or zip up shirt (no pullovers)
- Ensure shirt has loose fitting sleeves

Breast Surgery:

- Front button or zip up shirt (no pullovers)
- Bra/Support garment (provided by physician)

Abdominoplasty/Body Contouring (Liposuction):

- Front button or zip up shirt (no pullovers)
- Elasticized pants