

# What to do before and after the operation

**Keep this copy and bring it with you when you are admitted to the clinic.**

- DRINKING:** Drinking of **clear liquids** (mineral water, tea, etc.) is always permitted up to **two hours before admission to the clinic**.
- MEALS:** For safety reasons, a small, light, low-fat meal is permitted **no later than six hours before admission to the clinic**. If you are admitted on the evening before your surgery, you will be informed during the anaesthesiologist's visit of the rules for eating and drinking that apply in your case. Special rules apply for children aged under 12. You will be contacted by phone the day before surgery.
- MEDICATIONS:** You should take all medications that you take regularly, up to and including the morning dose on the day you are admitted to the clinic (with a little water). Please bring your personal medications with you to the clinic. If you are taking aspirin or another anticoagulant or blood-thinning medication, please ask your surgeon if you will need to stop taking this prior to surgery or temporarily replace it with another medication. Follow these instructions strictly, otherwise certain operations and regional anaesthesia cannot be performed.
- SMOKING:** In your own best interest, you should not smoke the night before your surgery or on the day of the operation.
- ALCOHOL:** Alcohol consumption must be reduced to the absolute minimum on the day before your surgery. During the night before your surgery and on the day of the operation itself, do not drink any alcohol.
- ILLNESS:** Please inform us as early as possible if you have a cough, cold, flu or fever.
- COSMETICS/  
JEWELLERY:** Please do not wear any jewellery or make-up (and no body lotions or creams). Nail polish on the nails of hands or feet that will be operated on must be removed.
- DISCHARGE:** If you are being discharged home on the day of the operation, you may not drive a motor vehicle. Have someone pick you up. In the first 24 hours after the anaesthetic, do not sign any documents and do not make any important decisions.
- AT HOME:** Are you having problems with breathing, bleeding, fever or pain after your discharge? Or are you suffering from nausea and/or vomiting? If so, please inform your surgeon or the physician on duty immediately.
- ANY QUESTIONS:** If you have questions or need clarification, please call us in the afternoon.

Surname:

First name:

Location, date:

Signature:

## JOINT PRACTICE FOR ANAESTHESIOLOGY

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