

Preparing for surgery

Discuss your medicines

Mr Orkar will discuss your medication with you at your consultation, and further details will be documented at preassessment.

It is important to state all medication that you are on.

It may be necessary to avoid taking aspirin or similar blood-thinning products before undergoing most aesthetic surgical procedures. Your individual situation will be discussed.

What about dietary supplements and herbal medicines?

Vitamin E, many dietary supplements and herbal medicines should be avoided. These may increase bleeding tendency. Vitamin C is safe. Alcohol should be avoided for 2-days prior to surgery.

Do you smoke?

Smoking may have serious effects on wound healing and infection rates, so should be stopped 4-6 weeks before surgery. Its irritation can also produce bouts of coughing which may cause bleeding to start; a problem that is of particular concern in facial operations.

What may help?

Some patients find homeopathic remedies such as arnica helpful to reduce bruising although it is very difficult to prove their efficacy scientifically. If you wish to use arnica you should begin 2-3 days before the operation and continue for a week afterward.

What about colds, flus and other illnesses?

If you develop any sort of illness prior to the operation please contact Mr Orkar's secretary as you may need treatment prior to surgery, or alternatively your surgery may need to be put back.

When should I stop eating?

For local anaesthetic operations you may eat and drink. It is advisable however not to eat a heavy meal just before you are due to come in. For general anaesthetic operations (includes local anaesthetic with sedation), you should not eat anything for at least 6-hours prior to surgery. Eating in this situation includes not just food but drinks as well as sweets and chewing gum. You may drink water up until 2-hours before surgery.

When should I come to hospital?

The hospital will contact you to make the arrangements for your operation. Usually you will come in to hospital on the day of your surgery,

What should I bring to hospital?

Ensure you have your normal toiletries and any regular medication you take. If having a procedure on your face or eyes, it is advisable to bring a pair of sunglasses and a headscarf to wear home. Any pressure garments that are appropriate will be discussed with you prior to your surgery, as will support bras which will be needed for breast surgery.

Remember, if in doubt about anything, do give my secretary a call on 01342 330386.

These notes are intended to be used with your consultation