



## Before Your Surgery

We find that most patients are somewhat apprehensive concerning their upcoming surgical appointment. Nearly everyone, however, finds the experience much easier than they had imagined. We want you to know that our entire staff is committed to making your experience as easy and pleasant as possible. As with most events, some prior planning and preparation will help ensure that things go smoothly.

Please review the instructions below carefully. If you have any questions or concerns, do not hesitate to contact us.

1. Please wear loose fitting and comfortable clothing. A sleeve may need to be rolled up to allow monitoring of your blood pressure.
2. Sedated patients must have a responsible adult to bring them and collect them from the clinic. If the driver does not wish to remain at the clinic during the appointment, they may leave a phone number where our reception may contact them prior to the end of the appointment. Post-operative instructions will be discussed with this person at the end of your appointment.
3. Try to plan no business or social activities the day and evening of the surgery. Only a light schedule is recommended for the second day following your surgery.
4. Medications may be prescribed. These should be taken as soon as possible after surgery. Please take these according to the directions on the bottle.
5. Medications prescribed by your physician (i.e. for high blood pressure, etc.) should be taken at their regular time and dosage unless otherwise instructed. Please advise us of any medications you are taking.
6. Alcoholic beverages must be avoided 12 hours prior to, and 48 hours after the procedure.
7. To ensure the best possible outcome for your surgery it is best to avoid smoking 2 days prior and 5 days after your surgery.
8. Post-operative appointments are required to evaluate and monitor healing, and to educate you on post-operative care. The first appointment will be scheduled 1-2 weeks post-operatively and the second will be 3-4 weeks later.

If you have any further queries regarding your surgical appointment please contact our reception by email or phone.