

Dr Thomas Hilton Preoperative instructions

Medication

- Please both inform me/physician/anaesthetist about any and all medication that you are taking
- This includes off-the-shelf medication
- It is useful to bring this with you to your appointments and when you are admitted
- You will need to continue your chronic medication over the perioperative period and some chronic medications may need to be omitted or changed
- Please take your regular medication on the day of surgery unless instructed not to by myself/physician/anaesthetist

Night prior to surgery

- Wash your whole body (concentrating on the operative site) with Chlorhexidine soap
 - This will be provided to you by the practice (3 bottles)
 - You may find that it makes your skin dry
 - Its purpose is to reduce the chances of infection
- Remove all fingernail and toenail polish
 - This is to be able to monitor your circulation during and after surgery
- Do not shave or put hair remover on the area of the surgery. If necessary this will be done just before the surgery
- If you smoke it is best to not smoke from the day before surgery
 - Smoking reduces the flow of blood to the wound and may increase the risk of infection and wound problems

Day of surgery

- If you are arriving on the day of surgery please come at least 2 hours before the planned time of surgery in order to get all paper work and preparation done
- Do not mark the surgical area
- Do not eat or drink anything 8 hours before the surgery



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- This is for anaesthetic reasons and if done may result in a delay or cancellation of the surgery
- Leave jewelry, watches and valuables at home
- If you wear contact lenses please bring your set of glasses as the lenses will be removed prior to surgery
- Wear loose, comfortable clothing and flat shoes

What to bring with you

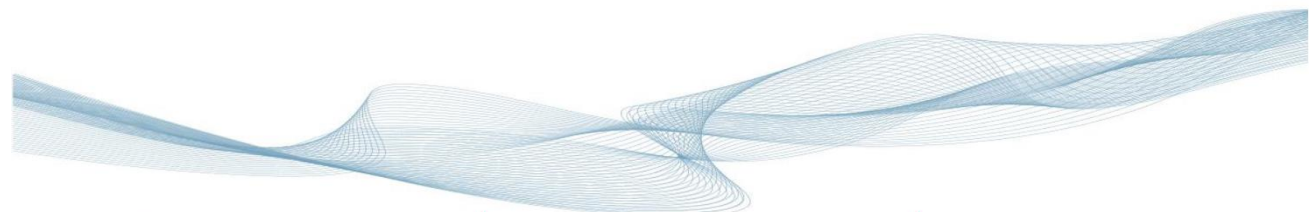
- Medial aid details
- Authorisation number from medical aid if you have done this yourself
- Crutches if you have them, if not we will supply you with a pair as needed
- Your brace if you have one and if it is needed
- Toiletries
- Clothes, dressing gown, etc
- Books, computer, iPad, chargers, phone

Postoperative information

- After the surgery a physiotherapist will help you to get out of bed and walk safely with whatever aides you require
- A prescription for postoperative pain will be provided
 - Most medical aids will not allow you to fill your chronic medication scripts after an operation
- You will not be allowed to drive yourself home so please make arrangements with someone and the ward staff to collect you on discharge
- A postoperative sheet will be given to you detailing a follow-up appointment and instructions
 - Usually this involves a wound inspection at 2 weeks

Questions and concerns

- Should you have any please do not hesitate to contact me via email thomas.hilton@coru.co.za or the CORU website



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