

## PRE – OPERATIVE INSTRUCTIONS

You have been booked for a procedure for which you will undergo a general anaesthetic (unless advised otherwise by Mr Karametos). Therefore, please read and follow the instructions below to ensure your safety and best outcome during your hospital admission.

- Please complete your hospital pre-admission forms and return them to the hospital or e-admission online at least 72hrs prior to your procedure.
- **Please let the doctor or staff know if you are diabetic.**
- **Please let the doctor or staff know if you are taking blood thinning medications (such as aspirin or Warfarin).**
- **Please let the doctor know if you take fish oil or krill oil tablets. You will need to stop these 2-3 weeks prior to your procedure.**
- Please let the doctor or staff know if you have previously had a bad reaction to anaesthetics, or are allergic to any medications, or have a contact allergy (such as latex or adhesives).
- Morning lists:
  - Fasting: If your procedure is arranged for the **morning, please fast from midnight the night before.**
  - Admission time: Arrive at the hospital according to the time stated in the pre-operative instructions email sent to you. Morning admissions are usually between 6:30am – 8:30am. **PLEASE BE PUNCTUAL.**
- Afternoon lists:
  - Fasting: If your procedure is arranged for the **afternoon, please fast from 7am. You may have a light breakfast prior to 7am.**
  - Admission: Arrive at the hospital according to the time stated in the pre-operative instructions email sent to you. Afternoon admissions are usually between 11:30am – 12:30pm. **PLEASE BE PUNCTUAL.**
- Fasting requirements:
  - **Do not eat, drink, chew or suck on anything.**
  - If you need to take medication in the morning, please do so with a small sip of water.
- Wear comfortable loose clothing. Take all medications with you. Have your Credit card, Medicare card, and Health Fund card available. **DO NOT TAKE ANY VALUABLES.** If you are staying overnight, take an overnight bag with spare clothes, toiletries, and any items that you find suitable for your overnight stay.
- You will not be allowed to drive for 24 hours after your procedure (in some cases, you will need to wait 5 days before returning to driving). Please arrange for someone to collect you from the hospital after your procedure. You are usually not permitted to take a taxi, however, if this is your only option, please let hospital staff know so they can consider if you need to stay at the hospital for longer.

- You will be required to see Mr Karametos post-operatively. If you do not have an appointment arranged, please contact his rooms.
- Do not hesitate to speak with the doctor or staff if you have any concerns or queries about your hospital admission.

#### POST – OPERATIVE INSTRUCTIONS

- Follow post-operative instructions given to you by Mr Karametos or the hospital nursing staff. These will be specific to your procedure.
- You will be required to see Mr Karametos post-operatively. If you do not have an appointment arranged, please contact our rooms. Do not reschedule the advised appointment date.
- If you experience any fever, nausea, bleeding, vomiting or have concerns about your pain management please contact Mr Karametos on **9857 3600**. Our office hours are 9am to 5pm Monday to Friday. For afterhours care call Knox Private Hospital on **9210 7000** and ask to be put through to Mr Karametos. If the matter is acute or severe attend to Knox hospital emergency department for immediate medical attention and Mr Karametos will be contacted.
- Contact our room to arrange a medical or Carer's certificate to be emailed to you if required.

**You may also download a copy of this document from our website:**

[www.stevenkarametos.com.au](http://www.stevenkarametos.com.au)

You may contact our rooms on **9857 3600** during the hours indicated above.