

PRE-OP GUIDANCE

On the day of your surgery

A little preparation makes the day go smoothly. Your hospital will tell you when and where to arrive - follow their instructions, and use this as a general checklist.

Check your fasting times before you go and always follow the exact times your hospital gave you.

Before you leave home

- Have a shower; don't wear make-up, nail polish, perfume or deodorant
- Take your usual medicines only as advised, with a sip of water if allowed
- Leave jewellery, piercings and valuables at home
- Wear loose, comfortable clothing that's easy to change out of
- Arrange a responsible adult to take you home and stay with you overnight

What to bring

- Your admission paperwork and any referral or test results
- A list of your medicines (and inhalers or insulin if you use them)
- Your glasses, hearing aids and any mobility aids, in a named case
- Your Medicare card and any private health or concession details
- Something to read or listen to - there is often some waiting

When you arrive

Staff will check you in, confirm your details and prepare you for theatre. You will meet your anaesthetist and surgeon, who confirm the plan with you. Mention anything that has changed since your assessment, or ask any last questions.

For 24 hours after a general anaesthetic or sedation: do not drive, operate machinery, sign legal documents, drink alcohol, or care for others on your own. Your judgement and coordination can be affected even if you feel fine.

Going home

Before you leave, staff give you instructions for recovery, including how to manage pain. If Dr Halvey has given you a pain relief plan for your operation, you can view it from the pre-op guidance page on the website. If you become unwell at home, follow the advice you were given, contact the hospital or your GP, and in an emergency call 000.