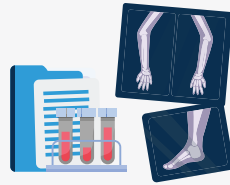


# PRE-OPERATIVE PREPARATION



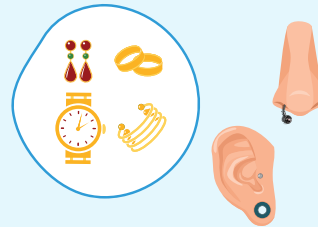
## In Case of Illness

If you are feeling unwell before your surgery such as persistent cough, sore throat, fever, runny nose or are unable to turn up under any other circumstances, please notify your surgeon by calling the clinic between 9am and 5pm.



## Investigation Results

Please bring all your x-rays, blood tests and any investigation results related to your surgery on the day of admission.



## Valuables

Jewelleries including body piercings should be removed and left at home.



## Shower

Shower thoroughly the night before and on the day of your surgery. This helps to decrease bacteria on your skin surface.



## Fasting

Fast at least 6 hours before the time of surgery. If your surgery is in the morning, fast from midnight.



## Patients with Diabetes

When fasting in the morning of your surgery, do not take your insulin or diabetic pill but bring it with you during admission. Please notify our nurses that you are an insulin dependent patient or on a diabetic pill.



## Medications

Please inform our nurses on all your current medications especially high blood pressure, diabetic pills/ injections, and herbal/ supplements.



## Blood Thinning Medication

If you are on regular blood thinning medication, please notify your doctor immediately and check when you should stop taking it prior to your surgery.



## Dentures

For your safety, you will be asked to remove your dentures just before surgery. Please inform our nurses and anaesthetist if you have any loose teeth or crowns.



## Contact Lenses

You are required to remove your contact lenses and use your spectacles instead.