



Central Sydney ENT  
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Sydney ENT Hearing and  
Balance Centre  
Suite 210, San Clinic Tulloch, 185 Fox  
Valley Road, Wahroonga  
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## ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

### Dr Payal Mukherjee

MBBS, FRACS (ORLHNS), M5 (USyd)

#### PRE-OPERATIVE INSTRUCTIONS (Child)

Ensure that you have completed your Hospital online or booklet admission as directed by Surgeon / Staff.

The Hospital will contact you the afternoon or evening prior to your surgery to confirm arrival time.

Fasting time depends on the time of surgery and this must be strictly adhered to for your child's safety in surgery. If your child is scheduled for a morning surgery, fasting time is from midnight the night before. If it is an afternoon surgery then the hospital will advise you that an early morning LIGHT breakfast can be given. Your child MUST have fasted at least 6 hours before surgery for any food. Small sips of water is allowed until 30 minutes BEFORE arrival at the hospital. (Make sure it is ONLY water. i.e Strictly no milk, no soup etc..) If your child is being breast fed, then you may breast-feed your child until 3 hours before arrival at the hospital.

If your child is sick prior to the surgery please contact the rooms.

Surgeon Fees must be settled at least 1 week prior to surgery.

Please advise your surgeon if you are on any medications, vitamins or supplements to discuss appropriate arrangements for you.

#### Medications

Herbal medications / Supplements: Must be stopped 2 weeks prior to surgery. This includes and not limited to: Fish oil, Krill oil, Vitamin E and Garlic Tablets.

Blood thinning medications / Anticoagulants & Anti-inflammatory drugs: Must be stopped 2 weeks prior to surgery. These medications include but are not limited to: Warfarin, Clopidogrel, Aspirin and medications containing Aspirin, Nurofen, Ibuprofen. If you require painkillers during this time use Panadol or Panadeine.

Diabetic medications: If your child is on Insulin, discuss how to alter your dose with your Anaesthetist.

#### CT scans or X Rays

Take all relevant scans and x-rays with you to hospital. Failure to do so may result in cancellation of your child's surgery.

#### Day of Surgery

We schedule children early on the list & make every effort to make their hospital stay as pleasant as possible.

Please feel free to bring their favourite comforter or toy.

Please do not bring expensive jewellery or belongings to hospital or the operating theatre.