

## ADULT AND PAEDIATRIC ENT HEARING AND BALANCE SPECIALIST

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## PRE-OPERATIVE INSTRUCTIONS (Adult)

Ensure that you have completed your Hospital admission form online or within the booklet as directed.

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

**Fasting times** depends on your time of surgery and **this must be strictly adhered to for your safety in surgery. You MUST have fasted at least 6 hours before surgery for any food.** You are allowed small sips of water until 30 minutes BEFORE you have been told to arrive at the hospital. (Make sure it is **ONLY water**. i.e.; No coffee, no milk, no soup etc.)

If you are over 50 years old or have significant medical problems, please check with your surgeon if any tests are required prior to your operation.

If you are sick prior to the surgery please contact the rooms.

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

Please stop smoking at least 3 weeks before surgery and continue this for 6 weeks after. Smoking increases the risk of surgical and anaesthetic complications. It also slows down post-operative healing.

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 but 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, Rivaroxaban, Pradaxa, Aspirin and medications containing Aspirin, Nurofen, Ibuprofen and Voltaren. If you require painkillers during this time use Panadol or Panadeine. If you have a stent or artificial heart valve in your heart then please contact your cardiologist about the management of these blood thinning medications before surgery. They may ask you to take some other forms of blood thinners (usually injections) whilst you are off your warfarin or Clopidogrel.

**Diabetic medications:** Do not take oral hypoglycaemic medication (i.e. tablets for diabetes) on the morning of your surgery. If you are on Insulin, discuss how to alter your dose with your Anaesthetist.

### Sleep Apnoea

Please bring your CPAP machine to use overnight if you usually use this at home.

### CT scans or X Rays

**Bring all relevant scans and x-rays with you to hospital. Failure to do so may result in cancellation of your surgery.**

### Day of Surgery

Take your usual morning medication (apart from those listed above) with a sip of water.