

### **Preparation for your treatment**

Fitness aids in your recovery so to improve your general condition, you need to:-

Gentle exercise such as walking or swimming,

Stop smoking as soon as possible,

Reduce alcohol consumption. Please refrain from excessive alcohol the evening prior to your procedure.

### **Fasting**

Fasting Guidelines: Fasting is crucial for safe anaesthesia. If your operation is in the morning you must not have anything to eat after 12 midnight. You may drink water up to 2 hours prior to the time you have been asked to attend the hospital. If your operation is in the afternoon please have a light breakfast prior to 6.30 am. Do not eat or drink anything after this time. (You may continue to drink small sips of water up to 2 hours prior to your hospital admission time.)

### **Medications**

Please bring all medications to hospital. You should take all your regular medications up to and including the day of your surgery. If you take insulin or tablets to lower your blood sugar please follow your surgeon's advice. Your surgeon may have asked you to stop taking medications that thin your blood. If you are unsure, please do not hesitate to ask.

Important Information for your Anaesthetist

Previous operation history, any allergies, any previous anaesthetic problems, your medical history, (particularly any heart and breathing problems), any abnormal reactions to medications.

### **Treatment risks**

Remember, anaesthesia today is very safe. Advances in equipment, monitoring and drug therapy as well as well as Australian standard of practice has all contributed to this safety. Some surgery or procedures carry a higher risk. Some patients have increased risks because of their pre-existing medical conditions.

There are minor complications such as headache, dizziness, nausea and vomiting, inflammation/bruising at the injection entry point, temporary nerve damage, sore throat, hoarse voice, dry eyes or sore eyes, muscular aches, lip or tongue injury.

Rare but important complications include dental damage, nerve damage, aspiration of stomach contents, pneumonia, allergic reactions, the possibility of some sensation or consciousness during the operation. Extremely rare complications include heart attack, stroke, seizure, brain damage, kidney or liver impairment and death. Remember the occurrences of these events are extremely rare.