

## INSTRUCTIONS FOR PATIENTS PLANNED FOR SURGERY

Hello,

Your surgery is planned with Dr Milind Naik.

The following instructions/tips will help you prepare well for a successful surgery:

### **TWO WEEKS PRIOR**



Please discontinue all **herbal** medications, **diet** pills, Ayurvedic or Homeopathic medications as they may have side effects that could complicate a surgical procedure.

**NO SMOKING and DRINKING.** Stop smoking and drinking two weeks prior. Nicotine reduces blood flow to the skin and delays healing.



If you have specific medical problems like heart disease or diabetes, meet your regular physician to get clearance for surgery. If you have thyroid disorder, repeat blood tests to confirm it is normal.



## ONE WEEK PRIOR



Stop ECOSPRIN or any other Blood thinners as it delays blood clotting. Consult your physician regarding this.

DO arrange for a responsible family member to drive you to and from the hospital. DO arrange for a responsible individual to spend the first 24-48 hours with you, since you cannot be left alone.



If your skin tolerates, use a germ-inhibiting soap for bathing, such as Dettol for a week before surgery.

DO report any signs of cold, infection, boils, or pustules appearing on your face or elsewhere before surgery.



Make sure the contact numbers registered on your medical record are correct so we can reach you.

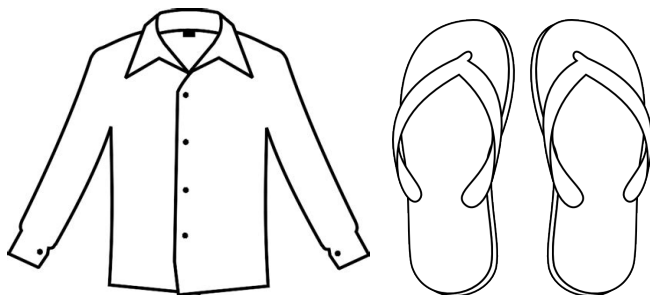
## DAY OF SURGERY



DO NOT eat or drink anything (not even water) from the time specified to you. Also, no, candy, mints or coffee the morning of surgery. Do not cheat on this issue as it may be risky to your life.

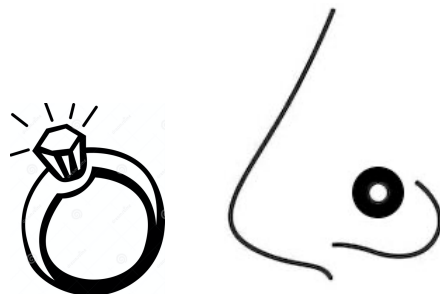
*(For those who have surgery planned under local anaesthesia, you may have breakfast and lunch as per the timing of surgery)*

DO brush your teeth the morning of surgery but do not drink anything. DO take a thorough shower with the medicinal soap and Shampoo your hair. This will decrease bacteria on the skin and thereby reduce the risk of infection.



DO wear comfortable, loose-fitting clothes that do not have to be worn over your head. A button-up top and pull on pants is easy. Wear slippers/chappals.

DO NOT wear any jewellery (no rings, earrings, nose piercing, chains, toe rings, other metal piercings or watches). *These bring in bacteria, and can fall into your nose/throat while giving anaesthesia.*





DO NOT apply Make-up on the day of surgery: Foundation, concealer, creams, lotions, hair gels, sprays, perfumes, powder, or deodorant should be avoided.

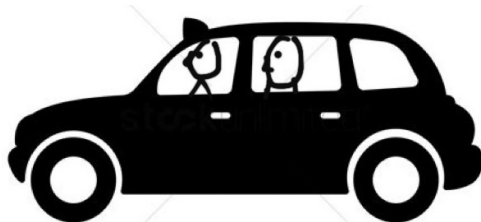
*Using any of these products will add bacteria to the skin and increase the risk of infection.*

DO NOT wear contact lenses to surgery. If you regularly use glasses, bring your eyeglass case.



If you are on regular medications that physician has advised you to take on the day of surgery, have them with a sip of water. In general, thyroid and blood pressure tablets are to be taken, but blood sugar tablet is to be avoided (*as you would remain fasting*).

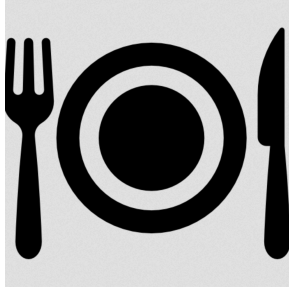
If you have any scans done (CT scan or MRI), please keep the plates ready to be carried along with you (*just report is not enough*).



time. DON'T BE LATE.

Ask a responsible family member to drive you to the hospital. Your car driver is not accepted as a responsible accompanying person. Please plan your transport such that you reach ahead of the specified


## DAY OF SURGERY: INSTRUCTIONS FOR RELATIVES



Once your patient is inside the Operation room, you would have time until he/she is done and out.

Please have your breakfast and lunch on time.



During your waiting time, you may want to go through the Post-operative **instructions** for your own knowledge. You can find it online here: <http://drmilindnaik.com/post-operative-care.php> or you can  +918897876245 to request a list of post-op instructions.



If you are planning to stay in the hospital after surgery, you could ask the admission office staff to allow you to the ward room if it is ready. You could rest there.

Keep your phone nearby, and accessible. Staff from OR may call you when you are needed.

For any queries, you can message Dr Milind Naik  +918897876245.