



INSTRUCTIONS FOR PATIENTS HAVING SEDATION

CONFIRMATION OF YOUR APPOINTMENT MUST BE MADE AT LEAST 2 WORKING DAYS PRIOR TO YOUR SURGERY. IF THIS IS NOT DONE AND OUR STAFF ARE UNABLE TO CONTACT YOU, YOUR APPOINTMENT WILL BE CANCELLED.

APPOINTMENT:

DAY:

DATE:

TIME:
.....

- 1) IF YOU HAVE BEEN GIVEN PRE-OPERATIVE MEDICATION TO TAKE, YOU WILL NEED TO HAVE A RESPONSIBLE PERSON AVAILABLE TO CARE FOR YOU ONCE YOU HAVE TAKEN THE MEDICATION. THIS MEANS THE PERSON WILL NEED TO DRIVE OR ACCOMPANY YOU TO THE SURGERY AND BE AVAILABLE TO TAKE YOU HOME. IT IS FINE TO USE A TAXI, BUT YOU MUST STILL HAVE A RESPONSIBLE PERSON TO ACCOMPANY YOU. TRAVELLING ALONE AFTER SEDATION IS NOT APPROPRIATE.

PLEASE TAKE YOUR PRE-OPERATIVE MEDICATION AT:

..... AM/PM ON THE DAY OF YOUR SURGERY

APPROXIMATE TIME TO COLLECT YOU AFTER YOUR SURGERY:

- 2) PLEASE WEAR COMFORTABLE AND WARM CLOTHING WITH LOOSE SLEEVES. BRING A FAVOURITE CD OR I-POD TO BE PLAYED AS BACKGROUND MUSIC DURING YOUR SURGERY.
- 3) YOU MUST NOT EAT FOR 4 HOURS PRIOR TO YOUR SURGERY.
- 4) YOU MUST NOT DRINK (NOT EVEN WATER) FOR 2 HOURS PRIOR TO YOUR SURGERY.

YOU SHOULD, HOWEVER, TAKE ALL USUAL MEDICATIONS.

- 5) PLEASE DO NOT TAKE ASPIRIN OR ARNICA FOR 2 WEEKS PRIOR TO YOUR SURGERY. BOTH COULD CAUSE BLEEDING AT THE TIME OF YOUR SURGERY. HOWEVER, IF ASPIRIN IS PART OF A PRESCRIBED MEDICATION REGIME, CHECK WITH YOUR SURGEON ABOUT THIS. FOR PAIN RELIEF IN THE 2 WEEKS PRIOR TO YOUR SURGERY, PLEASE TAKE PARACETAMOL, PANADOL, PANADEINE OR NUROFEN.

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