

Pre- and post-operative instructions

BEFORE SURGERY

- No smoking for two consecutive weeks
- Aspirin and drug-containing aspirin for four weeks
- No birth control pill for four weeks
- The surgeon **MUST** be informed of any medication used
- **Arnica** tabs (homeopathic drug) to minimize bruising, to be taken the three days before surgery

DAY OF SURGERY

- No eating for 8 hour before surgery
- No drinking for 6 hour before surgery
- Take regular medication, if any (i.e.: blood pressure medications). If any doubts, ask the surgeon
- Bring with you few items, including: pyjama, comfortable button-through shirt, low heel shoes
- No make-up, no nail varnish
- Bring **preoperative tests** and **informed consents**

IN THE HOSPITAL, AFTER SURGERY

The patient can stand and walk few hours after surgery always and only with a nurse in the room

Drinking is resumed approximately 4 hours after surgery, eating after 6 hours.

A relative can sleep in the room of the patient, though this must be confirmed before admission

Driving is not allowed after surgery; a friend/relative shall accompany the patient home on discharging. Taxi is allowed only with an accompanying person.

AT HOME, AFTER SURGERY

- No smoking for two consecutive weeks
- Aspirin and drug-containing aspirin for four weeks
- No birth control pill for four weeks
- Take regularly the drugs normally used, if any (i.e.: blood pressure medications). If any doubt, ask the surgeon
- Take **drugs as prescribed** by the surgeon (antibiotics and pain killers)
- **Arnica** tabs (homeopathic drug) to minimize bruising, to be taken three days after surgery
- Keep in contact by phone with surgeon daily

Driving is allowed a week after surgery. Direct sun exposure is discouraged for six months after surgery and always with a total block. Physical activity can be resumed gradually six-eights week after surgery

IN CASE OF AN EMERGENCY

- Do not panic
- Contact the surgeon immediately.