



Pre Operative Information

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Please follow the advice of Dr Balakumar and the instructions given to you at the time of your pre-operative call by his assistant. The following instructions have been developed with your safety in mind.

Children under 12 Years of Age

1. **Take nothing by mouth after midnight the night before surgery or 6 hours prior to surgery if in the afternoon.** This includes NOT drinking any liquids, eating food, chewing gum, having a mint or smoking.
2. Wear comfortable clothing, preferably a button-down shirt. Bring extra underwear or nappies for young children. If they are taking a bottle, bring one empty bottle and one with their usual formula. It is suggested that you bring a security item with them, such as a favourite toy or blanket.

Adults

Day of Surgery

1. Take your usual morning blood pressure and heart medicines with a sip of water. Ask Dr Balakumar or the pre-procedure nurse about any other medications you take.
2. Do not wear any make-up on your face or around your eyes on the day of surgery.
3. Do not wear any fingernail polish. If you have acrylic nails, remove the acrylic and polish from one finger.
4. Wear your glasses instead of contacts on the day of surgery. If you must wear your contacts the day of surgery, bring a container for your lenses.
5. All jewelry must be removed, including all body piercing jewelry.
6. Wear comfortable clothing, preferably a button-down shirt.

Night Before Surgery

1. **Take nothing by mouth after midnight the night before your surgery or six hours prior to surgery.** This includes NOT drinking any liquids, eating food, chewing gum, having a mint or smoking cigarettes.
2. Adults can shower or bathe the night before surgery, or on the morning of surgery. Do not swallow any water.

24 Hours Before Surgery

- **Do not smoke or drink alcohol 24 hours prior to surgery.**

One Week Before Surgery

1. Avoid non-prescription products containing aspirin and/or aspirin-like compounds. This includes NSAID (anti-inflammatory) analgesics. Dr Balakumar wants to also know of any drugs that may interfere with the anaesthetic.
2. Avoid prescription AND non-prescription products containing Ibuprofen.
3. Avoid prescription AND non-prescription products containing Naproxen sodium.
4. Avoid Vitamin E. We also recommend not taking some natural herbs, such as St. John's Wort, Ginko Biloba and Feverfew.
5. Panadol products are okay.

General Instructions Before Surgery

- Before your procedure, we need the payment of the admin fee.
- Talk with your nurse or anaesthetist about a light breakfast if your surgery is scheduled for later in the day.
- If you are having an outpatient procedure, you must arrange for a responsible adult to take you home and stay with you.
- You may want to bring pillows or blankets for your trip home.
- If you develop a cold, persistent cough, fever or any other health-related problems, or if you need to cancel your surgery, please notify your physician.
- You have the right to expect appropriate pain control. We may not be able to rid you of all your pain, but we can lower your pain to a level you can handle. Your anaesthetist and Dr Balakumar will prescribe analgesics to keep you comfortable.

Consulting at:

64 Chapman St, Nth Melbourne, Vic 3051 Ph: 9329 5525 Fax: 9329 4969 Provider No: 231079NF
Epworth Richmond, Richmond, Vic 3121 Ph: 9426 8810 Fax: 9427 7929 Pager: 9387 1000

Operating at: The Avenue, Epworth Richmond, The Royal Children's Hospital & The Austin

ABN: 55 467 783 345

Email: info@jitbalakumar.com.au

www.jitbalakumar.com.au

