

DR FACE

Pre-surgery instructions for surgeries under GENERAL ANESTHESIA or sedation

IMPORTANT: It is recommended to vaccinate yourself against hepatitis B before a surgical procedure.

1. BLOOD TESTS

- Before a surgery under general anesthesia or sedation the following tests are required:
 - morphology (HGB, HCT, RBC, WBC, PLT)
 - electrolytes (Na, K, Ca)
 - sugar level
 - coagulation system (prothrombin time, APTT, INR)
 - HBS, HCV, HIV antigens
 - Resting ECG with description
 - Nasal swab - basic test for bacteria
 - Chest X-ray with description
 - Blood group confirmed. The result should be issued on the basis of two blood samples taken from the same patient at different times.
- Tests should be done not sooner than 4 weeks before the planned procedure date.
- The results should be sent to us (recepcja@drosuch.pl) 1 week before the surgery date, at the latest.
- Printed originals of test results should be given to our receptionist on the surgery day, at the latest.

2. MEDICATION & DIETARY SUPPLEMENTS IN PRE-OPERATIVE PERIOD

Some medications may interact with anesthetic drugs and negatively impact the surgery. Thus, at least 3 weeks before and after surgery, please avoid the following:

- medications with vitamin E;
- preparations with ginseng, ginger, primrose, garlic, salmon and cod oil;
- cod liver oil;
- anti-inflammatory drugs (Piroxicam, Nurofen, Ibuprofen, Voltaren, Ketonal);
- anticoagulant drugs (Aspirin, Acard, drugs containing acetylsalicylic acid used for flu/fever). In case of pain, you can take Paracetamol (APAP), Pyralginum, Tramal before the procedure.
- Dietary supplements: if they affect blood clotting, please discontinue them 3 weeks before surgery.

3. BEFORE THE PROCEDURE:

- Refrain from smoking, including electronic cigarettes, for 1 month before and after the procedure.
- Do not drink alcohol or caffeinated drinks/ food for 7 days before and after the procedure.
- Please inform our receptionist about your previous infection, if it occurred within 2 weeks period before the procedure.
- Do not have any treatments that disturb the continuity of the skin (e.g. peelings, tattoos, ear piercings) 14 days prior to the surgery.
- Medications taken for chronic illnesses should be taken normally.
- If you observe first signs of herpes, infection or cold please inform us immediately. This may be a contraindication to the procedure.
- The area of the body where the treatment is to be performed cannot be sunbathed 2 weeks before the treatment.

4. **RECOMMENDATIONS FOR THE SURGERY DAY:**

- Please come to the Clinic **WITHOUT** eyelash extensions/attachments.
- If you take chronic medications, take them normally with a sip of water.
- Please fast – 6 hours without food and 3 hours without water. Eating a meal before the procedure will prevent it from being performed.
- Do not chew gum, including nicotine gum during the fasting period.
- Please remember to take your identity document and original test results with you.
- Please come to the clinic without make-up, without contact lenses, and without applying creams.
- Wear “couch potato”, comfortable clothing. Avoid wearing pullovers.

5. **OTHER:**

- Personal items to be taken to the clinic: bathrobe, change of shoes (slippers), night gown/ pyjamas, standard hygienic items - toothbrush, toothpaste etc, small towel.
- If Patient condition allows a light meal will be served for supper after the surgery plus breakfast the following day.
- If you are on a special diet, please inform us in advance.

If you have any questions, please call or reception desk, +48 501 093 653.