

## PRE – OPERATIVE INSTRUCTIONS

You have been booked for a procedure for which you will undergo a general anaesthetic (unless advised otherwise by Mr Karametos). Therefore please read and follow the instructions below to ensure your safety and best outcome during your hospital admission.

- Please complete your hospital pre-admission forms and return them to the hospital or e-admission online at least 72hrs prior to your procedure.
- If your procedure is arranged for the **morning, please fast from midnight the night before.**
- If your procedure is arranged for the **afternoon, please fast from 7am. You may have a light breakfast prior to 7am.**
- **Do not eat, drink, chew or suck on anything.**
- If you take medication in the morning, please do so with a small sip of water.
- **Please let the doctor or staff know if you are diabetic.**
- Please let the doctor or staff know if you are taking blood thinning medications (such as aspirin or Warfarin).
- **Please let the doctor know if you take fish oil tablets. You will need to stop these 2-3 weeks prior to your procedure.**
- Please let the doctor or staff know if you have previously had a bad reaction to anaesthetics, or are allergic to any medications, or have a contact allergy (such as latex or adhesives).
- **ADMISSION TIMES:** Plan to arrive at the hospital at **7am if your procedure is arranged for the morning.** Plan to arrive at **11am if your procedure has been arranged for the afternoon.**
- Wear comfortable loose clothing. Take all medications with you. Have your Medicare card and Health Fund card available. **DO NOT TAKE ANY VALUABLES**
- You will not be allowed to drive for 24 hours after your procedure. Please arrange for someone to collect you from the hospital after your procedure. You are usually not permitted to take a taxi.
- You will be required to see Mr Karametos post-operatively. If you do not have an appointment arranged, please contact his rooms.
- Do not hesitate to speak with the doctor or staff if you have any concerns or queries about your hospital admission.

## POST – OPERATIVE INSTRUCTIONS

- Follow post-operative instructions given to you by Mr Karametos or the hospital nursing staff. These will be specific to your procedure.
- You will be required to see Mr Karametos post-operatively. If you do not have an appointment arranged, please contact our rooms. Do not reschedule the advised appointment date.
- If you experience any fever, nausea, bleeding, vomiting or have concerns about your pain management please contact Mr Karametos on **9857 3600**. Our office hours are 9am to 5pm Monday to Friday. For afterhours care call Knox Private Hospital on **9210 7000** and ask to be put through to Mr Karametos. If the matter is acute or severe attend to Knox hospital emergency department for immediate medical attention and Mr Karametos will be contacted.
- Contact our room to arrange a medical or Carer's certificate to be emailed to you if required.

**You may also download a copy of this document from our website:**

[www.stevenkarametos.com.au](http://www.stevenkarametos.com.au)

You may contact our rooms on **9857 3600** during the hours indicated above.