

# Important information if you are scheduled for a surgery.

For those who have been scheduled for surgery after visiting one of our doctors

## Sampling

- If your reception has requested sampling before surgery, it must be done well before of the day of surgery.

## Medications

**It is important that you let us know:**

- If you are diabetic and if you are being treated with insulin or tablets
- If you are being treated for high blood pressure
- If you have or have had any heart disease
- If you have sores or eczema
- If you have an ongoing infection
- If you are taking any medicines. This is especially important if you are taking any blood-thinning medications.

## Plan for the day of surgery

- Free your schedule on the day of surgery and make sure that you have no other commitments on that day.
- You must go home when your doctor determines that you are doing well and ready to go. We recommend that you arrange for a ride or a taxi to go home.
- You must not drive a car on the first day after surgery.
- We recommend that you have someone with you on the first night after surgery.
- Due to space limits, relatives are not allowed to enter the operating room.

## Take a deep shower the night before surgery

- Buy the over-the-counter Descutan soap at the pharmacy. Follow the instructions that come with the package.
- Take a deep shower the night before surgery.
- Wash your hair and clean your navel thoroughly.
- Be careful when washing your ears and eyes.

- When you finish, use clean sheets, clothes, and a clean towel.

## Take another shower on the morning

- Take another shower and use Descutant soap on the morning of the day of surgery.
- You do not need to wash your hair.
- Use clean clothes and a clean towel.
- Avoid wearing make-up and nail polish. Artificial nails are fine, but you must thoroughly clean them with a nail brush.

## Fast

- You must not eat, smoke or sniff starting from the midnight before surgery.
- You can drink water for up to 3 hours before surgery.

## Laxation

- If your surgery is for an anal condition, you must empty your bowel with Klyx 120 ml, once on the night before surgery and once on the morning of the day of surgery. You can get it without a prescription at the pharmacy.
- Follow the instructions that come with the package.

## Smoking and Alcohol

### **Why you must be smoke-free before and after surgery?**

- Having a surgery is a good opportunity to stop smoking,
- When you smoke, your body's tissues get less oxygen. This slows down the healing time of surgical wounds. It also increases the risk of wound infection.
- Being smoke-free some time before and after surgery can decrease the risk of complications to one-half.
- Being smoke-free for 4 to 8 weeks before and after surgery results in the best effect.

### **Why you must be alcohol-free before surgery?**

- Alcohol increases the risk of infection, impairs the blood's ability to coagulate, and increases the load on the heart and vessels, all of which result in a higher risk of blood pressure, heart disorders and heart failure.

## Date of surgery

- You will either be provided with the date of surgery when you visit your doctor or you will be contacted by the surgery coordinator who will discuss with you the date of surgery.

## Time of surgery

- One week before surgery, you will receive a text message to remind you about the day of surgery.
- The day before surgery, you will receive a text message that will give you the time at which you will be in the operating room.

## Our surgery department

- Located in building G, entrance level at Sophiahemmet.

## Discharge

- You will see your doctor before going home and then receive a treatment message.
- You will be discharged before 11:00 if you stay overnight in the care unit.

## Our surgery coordinators

If you have questions before and after your surgery, you can contact our surgery coordinators by phone at 08-406 23 57.

- Phone hours: Monday to Thursday at 08:30 a.m. to 02:10 p.m., Friday 08:30 a.m. to 10:30 a.m.
- You can also send us a message at 1177.