

Basic Pre-operative Instructions

Good Planning:

- ✓ Make sure you will get time off work (depending on the operation and the nature of the client's job).
- ✓ You will need support and help from the family and friends in the recovery period (avoiding physically demanding jobs, important social events etc.); if needed (and possible), arranging for children care.
- ✓ Bring your own clothes, hygienic products, something to read and anything else you might need to feel comfortable.
- ✓ Before your surgery it is necessary to have a pre-operative examination + blood tests (if you are getting local anesthesia, blood test only). All pre-operative tests are included with your surgery and normally are done at the clinic before your surgery; in the morning or the day before.

Illness:

- ✓ No acute illnesses should occur in the period of at least 3 weeks prior to the planned operation (a viral illness, a cold etc.). If so, it is necessary to inform the surgeon.

Medication:

- ✓ Consult your GP or your surgeon in Prague regarding other medications you take regularly.
- ✓ If you are using any medications on regular basis, tell to your doctor and he will inform about which ones you should avoid and which you can keep using. Bring your usual medicine and pills, if possible in the original packaging.

Diet Instructions:

- ✓ Drink enough water (2-3 litres a day for a minimum 3 days prior to the operation).
- ✓ **NO ALCOHOL IS ALLOWED THE NIGHT BEFORE THE OPERATION.**
- ✓ **SIX HOURS BEFORE THE OPERATION, DO NOT DRINK OR EAT (when having a treatment under general anaesthetic).**
- ✓ **NO DRINKS ARE ALLOWED AFTER 6AM** on the day of the operation.
- ✓ On the day of your surgery, be at the clinic at 7am.
- ✓ When having the operation in local anaesthetic you can drink and eat in the morning (but in reasonable amount).

Smoking:

- ✓ It is recommended to stop or considerably reduce smoking two weeks before the procedure.
- ✓ **SIX HOURS BEFORE THE OPERATION SMOKING IS STRICTLY PROHIBITED.** If you are a smoker do not forget to bring nicotine patches with you!

Hygiene:

- ✓ Have a shower and wash your hair on the day of the operation (or day before) and do not put any facial lotion or make-up on the day of the cosmetic surgery.
- ✓ Do not wear nail polish!
- ✓ Any jewellery, including earrings, should not be worn.
- ✓ If the operated area is haired, it should be shaved one day before the procedure.
- ✓ The clients are asked to go to the toilet in the morning before the surgery.

What should you bring to the clinic:

- ✓ European health insurance card (if EU member)
- ✓ Credit card or cash (the payment is done at the clinic prior to the surgery)
- ✓ Results of any pre-operative examination
- ✓ Any medication that you use on regular basis, preferably in the original package with leaflet information
- ✓ Smokers - nicotine patches
- ✓ Hygiene needs, slippers, pyjamas, bath robe, a book to read or a dvd player (there's WIFI and TV with 2 English channels and USB port for movies at the clinic, we have a limited selection of movies too)
- ✓ If your doctor doesn't advise you differently please stop taking these medications a week prior your surgery : Acylpirin, Anopyrin, Aspegic, Acylcoffin, Aspirin, Aggrenox,, Aspro, Brufen, Curantyl, Diclofenac, Dipyridamol, Godasal, Ibuprofen, Indren, Kardegic, Olfen, Plavix, Rewodina, Superpyrin, Tagren, Ticlid, Thomapyrin, Upsarin, Vessel Due F and Voltaren. Warfarin change for low molecular heparin.

If possible don't bring big luggage.

Other:

- ✓ Most surgeries require the use of elastic garments after the procedure. You can either bring your own or you can buy them at the clinic. Normally one piece of elastic garment is included in your price (black colour).
- ✓ Ideally, women should not have their period when operated. If they do, they need to inform their doctor.