

Stace Anaesthetists Pre Anaesthetic Instructions

You will meet with your anaesthetist prior to surgery to discuss your medical history and determine the most appropriate type of anaesthesia. Most often this will take place on the day of surgery. However in some instances a consultation in our rooms will be scheduled ahead of surgery. If you would like to make an appointment to discuss your anaesthetic prior to surgery, please contact our rooms.

Fasting is very important prior to your anaesthetic:

- **Adults:** all food and fluids should be stopped 6 hours prior to anaesthesia (including sweets, lollies and chewing gum). Water only, totalling not more than 200mls per hour can be taken up to 2 hours prior to anaesthesia.
- **Children** over 6 weeks of age: solid food and formula milk can be given up to 6 hours prior to anaesthesia. Breast milk may be given up to 4 hours prior to anaesthesia. Water (no more than 100ml) may given up to 2 hours prior to anaesthesia.
- **Infants** less than 6 weeks of age: please contact your anaesthetist.

Medications: In general, all usual prescribed medications should be taken up to and including the day of surgery (with a sip of water if required).

The following medications require specific instructions:

- Blood thinning agents (includes aspirin, clopidogrel, warfarin): consult your surgeon
- Diabetic medications (oral and insulin): seek advice from your anaesthetist or diabetic specialist
- Herbal medications/supplements: stop 2 weeks prior to surgery

Smoking should be ceased as early as possible prior to surgery. There are a number of health benefits associated with quitting smoking including improved oxygen to tissues which helps healing, less risk of wound infection, less risk of respiratory complications such as wheezing, coughing and chest infection. The best time for quitting to gain these benefits is 8 weeks prior to surgery. You should not smoke on the day of your surgery.

Sleep Apnoea: It is important to advise your anaesthetist if you have sleep apnoea as in some circumstances you may not be eligible for day surgery. Please bring any aids (eg CPAP machine, mandibular splint etc) to the hospital with you.

Cold and Flu: If you have been unwell with cold or flu like symptoms contact your anaesthetist to discuss whether to continue with your surgery (in most circumstances there should be no problem with continuing).

Patients who have had previous obesity surgery should advise their anaesthetist before surgery. Gastric bands may need to be deflated, or longer than usual fasting times may be required.

Pacemakers or implantable defibrillators: Please bring your identity card to hospital with you. Advise your anaesthetist if you have an implantable defibrillator well in advance of surgery. In most situations arrangements will need to be made with the device technician to have this deactivated for the duration of the planned surgery.

Fingernails – painted, acrylic or gel: Polish and prosthetic nails can remain in place.

Discharge Instructions for Day Surgery Procedures

To be discharged home on the same day of surgery the minimum requirements are necessary:

- You are medically fit with low risk of complications and have demonstrated an ability to understand post operative instructions.
- You have a responsible adult to accompany you home who can stay overnight.
- Transport home must be suitable (ie. not by bus/train or driving yourself).
- You have ready access to a telephone and do not live more than 1 hour from medical care.

Anaesthetic Fees: Our anaesthetists work as individual practitioners and as such fees vary, with each specialist determining their own fee schedule. **Please call our office to obtain an estimate prior to surgery on 8236 5066.**