



## PATIENT INSTRUCTIONS – GENERAL ANAESTHETIC

### Before Surgery:

- **ABSOLUTELY NOTHING TO EAT FOR 6 HOURS PRIOR TO YOUR SURGERY TIME. FAILURE TO COMPLY WILL RESULT IN CANCELLATION OF YOUR SURGERY**
- You may have small sips of water (less than 100ml) up to 4 hours before surgery time
- Please cease smoking and drinking of alcohol for 24 hours prior to surgery.
- Please continue taking medications as normal unless advised otherwise by your anaesthetist, doctor or specialist.
- Please wear loose fitting clothing and preferably flat shoes
- Contact lenses, jewelry and dentures will be removed at the hospital prior to surgery
- Do not wear lipstick, make up or nail polish on the day of surgery
- Please ensure you advise Dr Jamil Alayan and your anaesthetist if any changes to your medical status occur leading up to your procedure; including any change in medications.
- Should you develop a cold, a sore throat, influenza or any other sudden illness, please contact the Anaesthetist and Dr Jamil Alayan to determine further treatment.
- If you have any further questions regarding your general anaesthetic, please contact your anaesthetist.

### After Surgery:

- **A RESPONSIBLE ADULT MUST ACCOMPANY YOU HOME AND REMAIN WITH YOU FOR 24HRS. TRAVEL BY PUBLIC TRANSPORT IS NOT ACCEPTABLE**
- Do not perform any heavy exercise for 48 hours afterward
- Do not drive a vehicle or operate any machinery for 24 hours afterward
- Do not undertake important business or personal matters until the following day
- Do not care for infants without responsible help
- Do not smoke or drink alcohol for at least 24 hours after the procedure