

Surgery Do's

- Bring your ID, medical aid card, forms that your surgeon's office asked you to complete
- Bring your current medicines
- Leave your valuables, jewelry at home
- Remove finger nail polish, avoid facial mark-up, wear loose fitting, comfortable clothes
- Make sure that the hair style is simple and loose without a fixed / hard puff on the head
- Bring a case to store your glasses, contact lenses or dentures during surgery
- Arrange for an responsible adult to drive you home after operation
- To have an responsible adult stay with you at home for 24 hours after surgery
- Pack an overnight bag including personal care items, such as book, toothbrush, lotion, if you are staying in the clinics overnight
- Bring a favorite toy or blanket / pillow for children if they are staying overnight
- Tell surgeon if you think you are pregnant

Surgery Don'ts

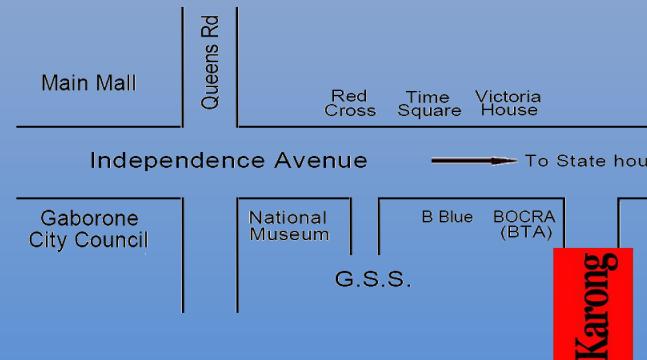
- Starting from midnight the day before surgery:
 - Do not eat anything
 - Do not drink milk or any liquids with pulp
 - Do not smoke, eat mints or chew gum
- Do not drink alcohol 24 hours before surgery
- Do not make important decisions or sign legal documents for 24 hours after surgery

About medicines you are taking

- If you are hypertensive (high BP) and you take pills in the morning, please make sure that you take your pills early morning with a sip of water. **Do not miss your BP pills**
- If you are diabetic (high blood sugar) and you take your pills/insulin injection in the morning, please **do not take your pill / injection**. Make sure that you do not eat / drink. But please bring your insulin with you on the day of surgery
- If you are asthmatic and using inhaler, please bring it with you at the clinic
- If you are taking blood thinners (for example, Aspirin, plavix, warfarin, etc.), be sure to talk to your physician for instruction
- If you are on other treatment apart from the above, please inform your anesthetist for further instruction

About payment

We will verify your benefits and obtain authorization prior to your procedure. You will be notified of your financial responsibility prior to your scheduled procedure date. Payment is due the day of your procedure.



Preparing for Your Surgery

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KARONG CLINICS is a patient-centered multi-speciality Ambulatory Surgery Centre (ASC) with Extended Observation Unit (EOU) which allow patients who require longer recovery to stay overnight. Our facility is licensed by Ministry of Health and designed to provide you with safe, high quality, affordable health care in a comfortable and efficient managed setting.

This brochure will provide you with important information about how to prepare for your surgery and what to expect during your recovery.

Ambulatory Surgery Centre (ASC)

ASC is the modern medical facility that is designed and equipped to handle surgeries that do not require hospitalization. In the ASC setting, most people find that the process is more convenient, efficient, as well as more personal, furthermore, comparing to the hospitals, ASC is typically able to perform surgical procedures at the same high level of care but at a much lower cost.

Once surgical procedure is scheduled

You will need to come for preoperative anesthesia assessment. Please bring a complete list of medications you're taking, bring any recent reports you may have, including blood testing, ECG, X-Rays. This allows us to evaluate your overall health and reduce the chance of delays of cancellation on the day of surgery.

The day before your Surgery

You will receive a phone call/SMS to remind you the time of surgery. Please contact us if you miss them.

The day of your Surgery

- Arrive at the clinics 30 minutes before your appointed surgery time.
- Register at reception
- Before you are taken into theater our staff will assist you to change in to a theater gown.
- Please remove contact lens and dental appliances.
- Before your surgery, different staff will ask you several times to confirm information about your allergies, medicines you may be taking or any past health problems. They may also ask you to state what surgery you are having. You might find this frustrating, but we are doing this to keep you safe.

After surgery

After your surgery, we will bring you into the recover room, where nurses will take care of you as you recover from surgery. Most patients will stay about 1-2 hours. Some people might need to stay in the Extended Observation Unit (EOU) to continue your recovery. During this time, the doctors and nurses will:

- Keep your pain level as low as possible
- Help keep you from other discomfort
- Make sure you are warm and comfortable
- Decide when you can go home or to your room

Staying overnight after operation:

You will be moved to EOU. Your family and friends may visit you once you get to your room. Parents of children may remain in the room for the entire time.

Eating and Drinking

It is safe to have fluids after your surgery. Start with sips of clear fluid. You may then move on to drink

anything you like but not alcoholic. You may have a light meal if you are hungry or feel ready to eat.

At discharge

A nurse will discharge you according to your doctor's instructions and/or discharge criteria, depending on your recovery, this may be few hours after surgery, or next day in the morning.

Make sure you have someone drive you home from the clinics. **You cannot drive after surgery under general anesthesia.**

After discharge

Plan to go straight home to rest when you leave the clinics.

Please follow your doctors instructions about rest, what to eat, what you can and cannot do, which medication to take and when you may return to your normal activities.

* Since every case is different, be sure that you understand what you need to do to prepare for and recover from your procedure. If you or your carer has further concerns or need additional advice, please feel free to contact your surgeon / anesthetist.

Your surgeon: _____

Tel: _____

Your anesthetist: _____

Tel: _____

For patient care comments, please call and ask for the manager.