



CHRISTOPHER LIM
FRACDS (OMS)
ORAL AND MAXILLOFACIAL SURGEON

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General Anaesthetic

Pre-operative Instructions:

Your surgery will take place at **St George's Hospital Day Surgery Centre**. *Please telephone the hospital on 375 6010 the day before your surgery to find out what time you should be admitted.*

Ensure you have returned your confidential admission forms to the hospital at least 3 days prior to your surgery (where possible).

Do not eat or drink anything (including water) for 6 hours prior to your surgery. This precaution is necessary to avoid the risk of vomiting during or after surgery.

You are not allowed to drive a vehicle during the initial 24 hours following your surgery. This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after general anaesthesia is not appropriate.

No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.

Please wear **comfortable, warm loose fitting clothes** with loose sleeves and wear low-heeled shoes.

Please do not wear lipstick, excessive makeup, or **nail polish** on the day of surgery.

Please do not take **herbal medication / arnica** for 2 weeks prior to your surgery, as it could cause excessive bleeding during your surgery.

If you have an **illness** such as a cold, sore throat, stomach or bowel upset, please notify the office.

If you take **routine oral medications**, please check with Mr. Lim prior to your surgery for instructions.

If you are a private patient, please make sure you have obtained **3 quotes** for your surgery (Mr Lim, Anaesthesia Associates and St George's Hospital). If you have not done so, please contact Mr Lim's reception.

If you have medical insurance, please make sure you have forward a copy of your pre-approval to Mr Lim's reception admin@christopherlim.co.nz prior to your surgery.

If you have received a prescription from Mr Lim prior to surgery please ensure you get this filled before your surgery takes place.

After surgery

Depending on your type of surgery you will have a 1 or 2 night stay at St George's Hospital.

Once discharged keep up with the prescribed **pain medications** as soon as you begin to feel discomfort. This will usually coincide with the local anaesthetic wearing off. It is good practice to stay on top of pain by taking your painkillers regularly (i.e. 6-hourly) for the first 2-3 days. We prefer to prevent pain rather than treat pain.

Do not operate machinery or drive a vehicle. Doing so could lead to charges of driving under the influence of drugs. This means a responsible person will need to take you home. It is fine to use a taxi, but you must still have a responsible person to accompany you. Travelling alone after sedation is not appropriate.

Do not make **important decisions**, such as sign important documents

You may be sleepy and forgetful for some hours and may experience periods when you feel "normal" and others when you feel tired. This is a common reaction and may last for 24 hours after surgery

Do not smoke for as long as possible following surgery, as it slows down wound healing and makes you more susceptible to infection.