

Instructions for Pre- and Post-Operation Care

Pre-Operation Instructions

1. General Health Check:

- a. Complete all medical tests as prescribed (blood tests, imaging, organ function tests).
- b. Inform your doctor about any regular medications or chronic conditions like hypertension or diabetes.

2. Medication Management:

- a. Stop taking blood-thinning medications (e.g., aspirin or NSAIDs) a week before surgery unless instructed otherwise.
- b. Consult your doctor about doses for chronic condition medications (e.g., insulin or hypertension drugs).

3. Fasting:

- a. Avoid eating or drinking for 6-8 hours before the procedure.
- b. Small sips of water may be allowed up to 4 hours before, unless directed otherwise.

4. Personal Hygiene:

- a. Bathe with antiseptics as recommended to minimize infection risks.
- b. Remove makeup, nail polish, and jewelry before arriving at the hospital.

5. Psychological and Logistical Preparation:

- a. Ask your doctor about the procedure details to reduce anxiety.
- b. Arrange reliable transportation with someone to accompany you post-operation.

Post-Operation Instructions

1. Immediate Recovery:

- a. Rest completely on the first day after surgery.
- b. Follow movement guidelines provided by your doctor, especially for surgeries involving specific body parts.

2. Medication Adherence:

- a. Take prescribed medications (pain relievers, antibiotics) on schedule.
- b. Report any side effects to your doctor immediately.

3. Dietary Guidelines:

- a. Start with clear fluids (water, light soups) and transition to solids as directed.
- b. Avoid fatty or spicy foods during the initial recovery period.

4. Wound Care:

- a. Keep the wound clean and change dressings as instructed.
- b. Avoid exposing the wound to moisture or friction.

5. Report Any Abnormal Symptoms:

- a. Notify your doctor of signs of infection (redness, swelling, discharge) or fever.
- b. Contact emergency services in case of excessive bleeding or uncontrollable pain.

6. Daily Activities:

- a. Avoid strenuous activities or heavy lifting during the first few weeks.
- b. Consult your doctor about when to return to work or resume exercise.

7. Medical Follow-Ups:

- a. Attend all follow-up appointments to monitor healing.
- b. Seek additional instructions tailored to your condition.

General Tips:

- Ensure someone is available to assist you in the initial recovery phase.
- Keep emergency contact details or your doctor's number handy.
- Follow the doctor's instructions precisely for a safe and speedy recovery.