



INSTRUCTIONS FOR PATIENTS BEFORE OPERATION

Please read and follow these instructions carefully before any operation. By following the provided instructions, you are taking the first steps towards proper recovery of the body.

ONE MONTH BEFORE OPERATION

- Stop smoking and using nicotine in any form (cigarettes, electronic cigarettes, IQOS, vapes, etc.)

You should not smoke in the postoperative period (at least 6 weeks after surgery).

Nicotine patches or nicotine are also not recommended. Nicotine causes clogged blood vessels and reduces blood flow to certain areas. In the surgical areas, blood flow may pass through very narrow vessels. When smoking, these narrow vessels narrow, increasing the risk of infection, which does not allow the tissues to recover properly.

In patients who smoke, suture healing is 32% worse than in non-smokers. This is a high risk of complications in the postoperative period.

TWO WEEKS BEFORE THE SURGERY

- Stop using aspirin (or aspirin-containing products) and blood thinners.
- Stop taking vitamins, nutritional supplements, and herbal or homeopathic medications, unless prescribed by your doctor.
- Stop drinking alcohol.

A WEEK BEFORE THE SURGERY

- Let your consultant know about the accompanying persons and also make sure that a WhatsApp group is created for you, which includes you, the consultant and a member of the patient care team who will be assisting.
 - Please ensure that your arrival date and time are correct and, just in case, please send the name of the hotel you will be staying at if you booked it yourself.
 - If you have any questions, you can get help and answers from a consultant and a member of the patient care team.

THE NIGHT BEFORE THE OPERATION

- Take a shower and, if your doctor prescribes any medication, take it. Eat a light dinner before your operation and drink plenty of water.
- Remove artificial nails and remove any jewellery and lenses.
- Do not eat or drink anything after midnight or take anything that has not been prescribed by your doctor.
- Make a list of all the medications you take regularly and give it to your consultant and patient care team.
- Consult your doctor before taking any medications.

MORNING BEFORE THE SURGERY

- Take prescribed medications after waking up with some water.
- It is forbidden to take water and food.
- It is prohibited to apply makeup, lotion, cream, mascara, deodorant, body spray, etc.
- Remove all jewelry, lenses and dentures
- Take with you hygiene products and everything you need.

- You must wear comfortable clothes and arrive at the clinic at the appointed time.

DAY OF OPERATION

- You will be met at the hospital by a member of the patient care team.
- Next, a photo session.
- A nurse will review your medical history, and you will also be examined by an anaesthetist.
- Remind the team if you have any allergies.
- During your meeting with the doctor, the parts of your body that will be operated on will be marked with lines, and you will also be able to ask the doctor any questions you may have.
- You will then be given anaesthesia and taken to the operating room

TAKING MEDICATIONS

You must stop taking blood thinners at least one week before surgery.

ALCOHOL

Alcohol consumption is prohibit.

PRESCRIBED DRUGS

Be sure to tell your doctor about any medications prescribed to you during your preoperative evaluation.

HERBAL SUPPLEMENTS

Most patients are not aware of the risks that can be caused by most herbal supplements. Please inform your doctor about the herbal supplements you are taking. You should also stop drinking green/herbal tea 1 week before surgery.

DRUGS

Please advise if you use drugs, including cannabis or cocaine.

Vitamin E and Zinc

Excessive doses of vitamin E and zinc can harm your immune system, damage organs, and interact with antibiotics. Do not take these supplements 1 week before or 1 week after surgery.