



**JAG
CHANA**
CONSULTANT
PLASTIC
SURGEON

Your questions answered

Preparation for surgery

Arnica has been recommended. What is it?

Arnica is an herbal remedy which helps to decrease bruising and swelling and to promote healing after surgery and trauma. It is now used routinely in many branches of surgery and, although not essential, we recommend it for all patients. The tablets can be purchased in various strengths – 30c should be sufficient to take in the week pre-surgery and post-surgery - so follow the dosage recommended on the packaging. It is available without prescription from larger pharmacies and health food shops. (If headaches occur whilst taking Arnica, it should be discontinued immediately. Please read the advice label carefully).

Do I have to give up smoking?

Smoking can have an adverse effect on the outcome of many operations including cosmetic surgery. We advise everyone to give up smoking several weeks prior to surgery. Indeed your surgeon may not accept you for surgery until you have stopped. If you are unable to stop, reducing your smoking a few days before surgery will make a little difference but we cannot accept responsibility for any delayed wound healing. **DO NOT SMOKE FOR AT LEAST TWO WEEKS PRIOR TO YOUR PROCEDURE AS YOUR SURGERY IS LIKELY TO BE CANCELLED ON THE DAY IF YOU HAVE. THIS INCLUDES NO VAPING, NICOTINE GUM, INHALERS OR ANY OTHER SUBSTITUTES.**

Should I cut out anything else?

Excessive consumption of alcohol before and after your operation can cause prolonged bleeding, as can Warfarin, aspirin (or aspirin-based products), Nurofen, Ibuprofen and certain 'herbal' remedies including garlic, Evening Primrose Oil and Vitamin E, Olive Oil, Cod Liver Oil and other Fish Oils. **DO NOT TAKE ANY OF THESE FOR A WEEK PRIOR TO YOUR PROCEDURE AS YOUR SURGERY IS LIKELY TO BE CANCELLED ON THE DAY.**

Will I need any tests?

Any laboratory investigations required, such as blood tests, x-rays etc, will be ordered and will be discussed with you during the pre-operative assessment.

Will I need to remove nail varnish or false nails?

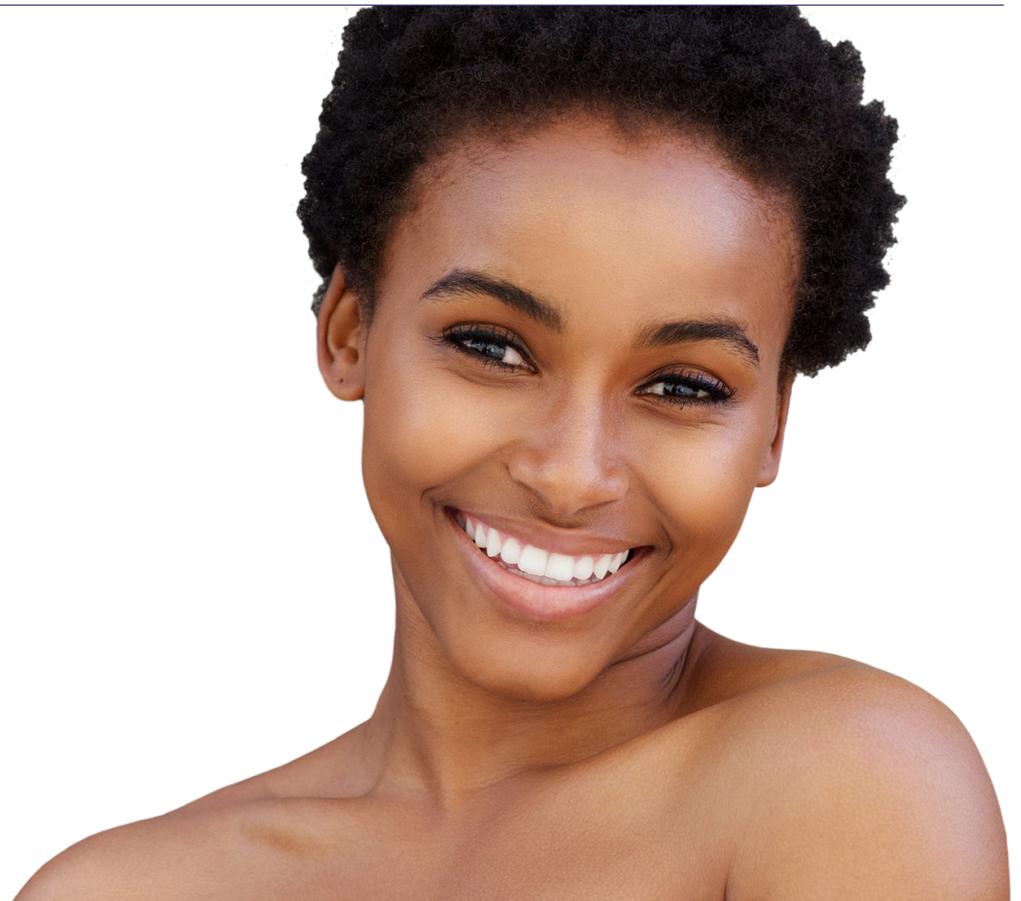
During the operation, a probe is attached to your finger to monitor your oxygen level so it is necessary to have varnish free fingernails.

What should I bring?

You should bring with you those things associated with an overnight stay i.e. wash bag, nightclothes and slippers. Please leave valuables at home. Remember, depending on your operation, it may be difficult to get clothing over your head, so wear something appropriate.

What time will I need to come to the hospital?

The hospital will write to advise you of the time of admission. It is usually an hour or two before your operation.



Your Operation

Will I see the surgeon again before my operation?

Yes, once you are admitted to the hospital the Consultant Surgeon and Anaesthetist will visit you for the pre-operative assessment and check your medical history. During this visit, they will be pleased to answer any queries you may have or give any explanations necessary.

If I had a cold recently, will I still be able to have surgery?

Providing you have no temperature, your chest is clear and you are able to breathe easily, there is no cause for concern.

Should I continue with my prescribed medication?

Yes, it is important to continue with any prescribed medication – however please let us know asap what medication you are taking prior to surgery. Try to avoid taking it during the period you should be starving. If this is not possible, try to swallow the tablets with only a tiny sip of water. **The contraceptive pill and HRT medication should be stopped completely two weeks prior to surgery.**

Do I have to starve if I am having a general anaesthetic?

Yes, it is very important that your stomach is empty before you have a general anaesthetic; for this reason you should not eat or drink for at least SIX HOURS prior to your operation. The hospital will write to advise you of the time to starve from.

Do I have to starve if I am having a local anaesthetic?

You may have a light meal or beverage up to one hour before surgery.

Are there any risks associated with general anaesthetic?

Every anaesthetic carries a small risk, but provided you follow these steps, the risk is minimal.

- Ensure the anaesthetist is fully aware of your medical history. Most medical conditions, such as diabetes and hypertension, do not interfere with your anaesthetic provided that they have been adequately treated beforehand. If you have a condition like bronchitis or asthma, which may deteriorate from time to time, it is best to have your anaesthetic when you are well.

- **If you are taking any medications you must inform the anaesthetist as some drugs interact with the anaesthetic.**

- You do not eat or drink for at least SIX HOURS prior to your operation.

Rest assured you are being anaesthetised by experienced Consultants who have at their disposal all the monitoring and support facilities required.

How will the anaesthetic be administered?

Most anaesthetics start with an intravenous injection and that will be all you will remember of the anaesthetic. Throughout the operation, your vital signs will be continuously monitored by the anaesthetist.

Will I wake up in the middle of the operation?

NO. This is not a problem associated with this type of surgery.

Will I be sick following the anaesthetic?

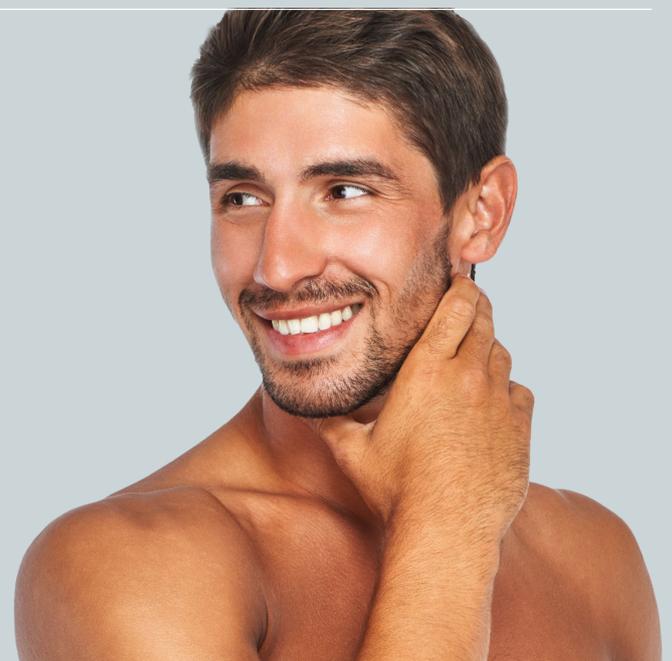
There is a small risk but every attempt will be made to prevent this happening. Advise the anaesthetist if you have been sick with a previous anaesthetic. Some anaesthetic agents and strong painkillers can cause sickness, however if their use cannot be avoided, an anti-sickness medication will be given to you.

Will I have a drip?

Most operations do not require drips. If your operation entails fluid loss as in liposuction, a salt solution will be administered. Blood is not used in cosmetic surgery.

I have crowns on my teeth. Will this be a problem?

If you have any crowned teeth or bridges the anaesthetist will need to know for your safety and to avoid damage. In most cases it is not necessary for you to take plates or dentures out during the anaesthetic.



After your operation

What will happen after the operation?

On waking up, you will be in the recovery room cared for by nurses who specialise in recovering patients following anaesthesia. You will be returned to your room when you are fully awake and comfortable. The surgeon and the anaesthetist will see you later in the day to ensure that all is well.

Can I drive myself home following an anaesthetic?

You are advised not to drive and operate appliances or machinery for 48 hours after a general anaesthetic. It is fine to drive after a local anaesthetic although certain operations on the hand, face or feet may mean you are unable to drive immediately after surgery. Please remember you may need an escort home.

When can I be discharged?

The surgeon will tell you when he is happy for you to leave the hospital, although as a general rule you would be going home the following morning (breast reductions and tummy tucks may have a two night stay). It is advisable for you to be collected by a relative or a friend, and we suggest that you stay with someone overnight if you have day case surgery under general anaesthetic.

What should I do when I get home?

You will receive specific post-operative instructions for your operation. Should you have any medical concerns, please telephone the ward nurses as mentioned on your post-operative instructions.

When should I return to the hospital?

Before you leave the hospital, you will be given appointments to return for any post-operative treatments and to see the surgeon.

Costs of Surgery

Are the prices quoted fully inclusive?

Yes. The fees quoted include hospital fees, surgeon's fees, anaesthetist fees, drugs, dressings and any follow up consultations necessary. The quote applies for a period of 6 months (a new consultation would be necessary after this period) and relates only to the surgical procedure(s) for which consultation and pricing has been carried out. Last minute requests for the removal of moles, warts or similar surgery, will attract additional fees.

When do I have to pay and is a deposit required?

All hospitals have different arrangements and you should check when you make your booking for surgery.

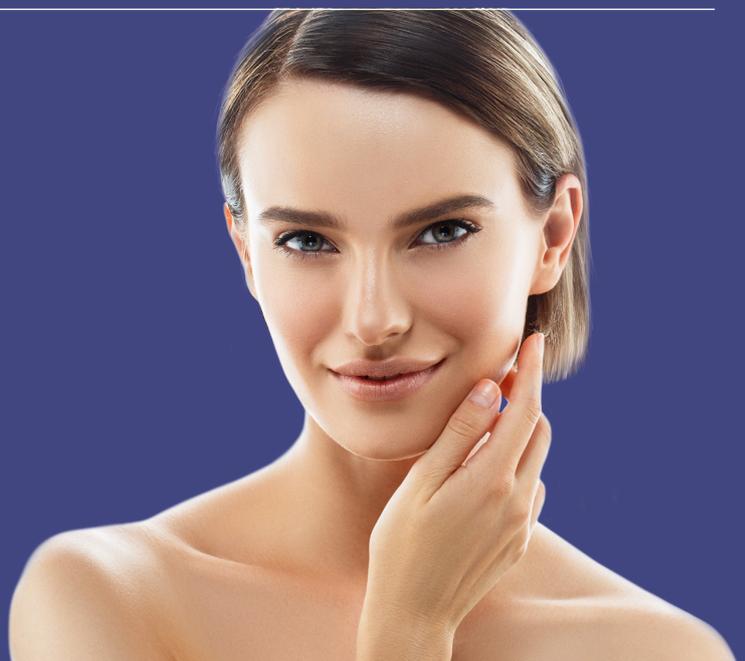
What if the result is not as expected?

If, after all the factors of healing and settling have taken place, the result is not that which was hoped for by both patient and surgeon alike, then further surgery may be necessary. Of course this will incur further costs but your surgeon will not charge you. However, the hospital and anaesthetist may charge you a minimal fee to cover costs.

Obviously this would not apply if post-operative instructions had been ignored, eg the premature removal of dressings and/or plaster casts nor will the surgical end result will be upheld if mandatory visits for post-operative examination are ignored or if the patient sustains personal injury over which we have no control.

Can I pay over an extended period?

In certain circumstances, credit terms may be available. Please ask for an application form.



Contact information

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Appointments

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