

# Preparation for surgery with Dr Carney

## PRE-OPERATIVE INSTRUCTIONS

### FASTING

If you are having surgery under sedation or a general anesthetic, you will be given fasting instructions. Generally you will be asked to fast from food and milk products for six hours before surgery. Clear fluids are permissible sometimes for up to 2 hours before surgery. The anesthetist and hospital/day surgery will give strict instructions regarding this. For surgery in the afternoon, usually a light breakfast is permitted.

### BLOOD THINNERS

It is important to cease blood thinning medication before surgery if possible. If you have a stent, recent heart surgery/heart attack or a history of deep vein thrombosis this might not be advisable. Please indicate if this is the case. It may be necessary to check with other specialists or your GP.

- Cease taking the following medications 10 days before surgery:  
Any form of Aspirin, Clopidogrel, Assasantin, Plavix
- Cease taking the following medications 4 days before surgery:  
Pradaxa, Warfarin
- Cease taking the following medications 48 hours before surgery:  
Apixaban, Eliquis, Rivroxaban, Xarelto

You can normally restart these medications the day after surgery.  
Please bring your regular medications on the day of surgery for the anesthetist.

## POST-OPERATIVE INSTRUCTIONS

### DRESSINGS

Sometimes dressings are used in plastic surgery and sometimes wounds are left exposed. There may be a dressing on the sutures (e.g. hyperfix) which can be wet after 24-hours.

If the suture line is exposed or if there is a full thickness skin graft exposed you will be asked to wash the wounds daily, gently with soap and water. You can pat the dressings dry or dry with a blow-dryer if you wish. You will be asked to apply an ointment such as Chloromycetin, Vaseline or Pawpaw three times a day to these sutures. *(Continued other side)*

# POST-OPERATIVE INSTRUCTIONS

## HAND SURGERY DRESSINGS

Following hand surgery, you will be given instructions to elevate the hand in a sling. You will be given instructions on dressings. Commonly, after trigger finger release, dressings can come down after two days and after carpal tunnel release, four days. There will be either Hypafix over the sutures which can stay in place or a mesh dressing (Jelonet) which can be removed and the sutures can then be covered with Hypafix or similar. You will be given instructions on use of the hand which are generally gentle use for activities of daily living around the house. Heavy use of the hand (heavy work and gardening for example) is contraindicated, usually for 6 weeks.

## BLEEDING

It is usual to have minor bleeding after plastic surgical procedures. Following skin cancer excision or skin surgery, it is to be expected. If there is bleeding, firm compression at 20 minute intervals directly over the source of bleeding and application of ice packs is usually adequate. Elevation is also required. If bleeding cannot be controlled, please contact Dr Carney through his after hours number or the institution where surgery was performed. If unable to contact, please attend your nearest emergency department.

## DRIVING POST SURGERY

Following surgery under sedation or general anesthetic you should not drive for 24 hrs. For hand operations or major surgery, it may be advisable to not drive for 2 to 6 weeks. Dr Carney would be more than happy to advise on this.

If you have problems post-operatively such as ongoing bleeding, pain not controlled by analgesia which has been prescribed for you, ongoing nausea, fevers or sweats, it is imperative that you contact our practice, Dr Carney or present to your general practitioner or nearest emergency Department.

**Practice number is 1300 774 447 or Dr Carney's phone, 0438 595 860.**