



MYENT SPECIALIST

What do I need to do before my surgery?

There are few things you will need to do before your surgery. These can be completed online or on paper depending on your preferences. We know it can be stressful so please don't hesitate to call us if you need help.

Most often you will have been told about the need for surgery and where it is likely to be performed before you left our rooms. You should also have received something called a **Quote for Surgery** form us either by post or email. Once you have this and you wish to proceed then you need to tick off the following list:

Admission and Health Funds

- Call your **Private Health Fund**, if you have one, and tell them you require surgery. They will confirm the level of your cover and whether you will have a **Hospital Excess** to pay for your hospital stay.
- Call the Anaesthetist listed on your Quote for Surgery (their contact number is on the paperwork) and ask them for a **Quote for Anaesthesia**.
- Complete Your **Online Admission Form** for the private hospital (you can ask us for a paper copy if you need it).
- We ask that you **Pay the Surgical Fee** listed on your Quote for Surgery one week prior to surgery.
- You will also need to contact the anaesthetist to **Pay the Anaesthetic Fee**.
- You will receive a **Phone Call** from your private hospital one business day before surgery generally in the afternoon before 4pm to advise what time you will be admitted, what the likely time of your surgery is and when to start fasting.

Practicalities

- **Transport.** Make sure you arrange someone to bring you to the hospital and a responsible person to take you home after the surgery as you will not be able to drive or take public transport for at least 24 hours after the surgery (this includes Taxis and Car hire services).
- If you have small children make sure you have some help with **childcare** arrangements.
- Arrange care for your **Pets** while you are in hospital
- Let your work know you will be needing **time off**, if you need a medical certificate, please let us know.

Medications and Scans

- If you take **blood-thinning medications** such as Aspirin, Xarelto, Plavix or Warfarin you will need to stop them before surgery the timing varies for the different medications (please call our nurse if you have any questions).
- Make sure you bring any scans or results that you have been given to the hospital on the day of your surgery. If you cannot find them, call us as often we will be able to access them online.

On the day of surgery

- **Avoid Alcohol** for at least 48 hours before surgery.
- Try to **stop smoking** for at least 48 hours before surgery longer if possible.
- Apart from blood-thinners take your morning dose of **prescribed medications** as usual.
- **Wear** loose fitting, comfortable clothing and minimal jewellery.
- Please **remove** any false fingernails, false eyelashes and nail varnish before surgery.
- Bring some headphones, a phone or magazines with you as hospitals can be boring (and that's the way we like them!)