

Preoperative Instructions

Medication

- Inform Dr Ndhluni and especially the anaesthetist of any medication that you are taking (important medications being- Warfarin, Plavix/Clopidogrel, Ecotrin/Aspirin and Enoxaparin as these may need to be stopped 7 days before surgery).
- It is important to inform us about any herbal supplements.
- Please take your regular medication on the day of surgery (so long as it has been cleared by me and the anaesthetist beforehand).

Prior to surgery

- Wash with Chlorhexidine soap (whole body but especially the surgical site) on the day prior to the surgery (this is to help lower the chances of infection even further).
- DO NOT shave the surgical site. I will do this in theatre (shaving a day before surgery can irritate your skin and may lead to infection).
- If you are a smoker, it is best to try not to smoke on the day of the surgery.

Day of surgery

- DO NOT mark the surgical site (I will do this with you immediately prior to the surgery).
- You cannot eat anything solid from 6 hours before the operation. You are allowed clear fluids up to 2 hours before.
- Leave all jewellery, watches and valuables at home.
- Remove your contact lenses if you use them (wear glasses).
- Wear loose comfortable clothing and flat shoes.
- You will be admitted the day of the surgery (confirm admission with my office).
- It is important to do a pre-admission at the main hospital prior to your surgery as this eliminates the amount of time taken to admit into hospital on the day.
- Please bring the following with you
 - Medical aid card
 - Identity document
 - Authorisation number from your medical aid
 - Clothes, personal hygiene products, dressing gown etc.

Post operative

- A prescription will be provided for post operative pain relief
- You will NOT be allowed to drive home or go home alone, please make arrangements to be collected from the hospital.
- A post-operative follow-up appointment is normally scheduled for you 1 week after surgery, if you have not been given one, please contact the rooms to make an appointment at 021-203-3893.
- Depending on the type of surgery, you will not be able to drive between 3 days – two weeks. Once again, this depends on the individual and will be confirmed with the doctor at your post operative follow-up visit.

COVID-19 Guidelines

- Routine COVID-19 testing is no longer required for vaccinated asymptomatic patients having day procedures/operations.
- Patients who have tested positive in the previous 90 days do not need a pre-admission test unless symptomatic.

If you have any questions or concerns, please do not hesitate to contact us.