

## PREOPERATIVE AND POSTOPERATIVE INSTRUCTIONS

### PREOPERATIVE EXAMINATIONS

Please complete all pre-operative examinations required by the surgeon, as sent to you by email.

Please send the results of these tests by email or fax (as indicated in the Quote) according to the instructions received.

All women of childbearing age (not menopausal for more than 2 years) will have a pregnancy test to be done on the morning of surgery in the operating room.

### PREOPERATIVE ADVICE

#### ***Fast***

You must be fasting (from solid and liquid foods) since midnight the night before surgery.

If you have medication to take on the morning of the procedure, it is allowed to take it with a little water.

For diabetic patients, you should not take your diabetes medication on the morning of surgery. Please follow the instructions given by the nurse during your preoperative assessment if you are taking insulin.

For patients who are operated on in the late morning or afternoon, a little water or clear apple juice exclusively (Oasis style) can be consumed up to three (3) hours before surgery.

It is strongly recommended to drink a large amount (about 1L) of sweetened clear fruit juice or iced tea during the evening before your surgery. This allows you to be more adequately hydrated and thus, the effects of anesthesia are better tolerated.

#### ***Medicaments***

Any medication affecting blood clotting (NSAIDs, antiplatelet, anticoagulant) **should be discontinued** at least seven (7) days prior to the scheduled date of surgery or as directed by the surgeon or your physician.

If you have any doubts about taking medication, contact the secretary of the operating room by phone at 418-842-8443 ext. 1631 for Quebec City and at 450 1-450 250-9110 ext. 2531.

Acetaminophen (Tylenol) can be consumed until the day of surgery.

#### ***Supplements & Vitamins***

Any natural supplement, vitamins (including training supplements) that have not been prescribed or recommended by a physician must be discontinued thirty (30) days prior to the date of surgery.

### ***Lifestyle habits***

It is strongly discouraged to smoke cigarettes and/or use drugs the day before and on the morning of surgery.

You may not consume alcohol in the seven (7) days prior to the date of surgery.

### ***Changes in health status***

If, between now and the scheduled date of your surgery, there is an event, infection, change, new treatment, surgery or other change in your state of health, please notify Lacroix Chirurgie Privée by phone as soon as possible. ***Hygiene for surgery***

- On the morning of surgery (or the night before), be sure to wash with mild soap.
- Please do not use deodorant, moisturizer, or perfume.
- Ideally, don't wear makeup or nail polish.
- Proper oral hygiene is a must (so you can brush your teeth the morning of your surgery, but without swallowing water).
- If you are menstruating, please wear a sanitary napkin or absorbent panties, but not a tampon.

### ***Clothing***

We suggest that you wear clothes + shoes that are comfortable and easy to put on. For upper body surgery, a button-down garment (e.g., a loose-fitting shirt) is recommended.

Once there, the surgery center will provide you with a gown.

### ***Piercings & Jewelry***

All jewelry and piercings **must be removed prior** to your arrival at the surgery center.

## **PROCEDURE OF THE SURGERY**

### ***Before the operation***

On the day of the surgery, you will be taken care of by our team as soon as you arrive at the clinic.

### ***After the operation***

Once the operation is complete, you will be transported to the recovery room for the necessary time. We will contact your tour leader to give them an estimate of how long it will take to plan your outing.

## **RETURNING HOME**

### ***Accompanist***

You will not be able to drive your vehicle after surgery. It is therefore mandatory to be accompanied for the return as well as for a period of 24 hours after the surgery. If you do not have a companion, the surgery will not be able to take place.

At the Laval Surgery Centre, parking is free. A dedicated parking lot for companions (next to the main door) will be accessible for companions who drive patients.



Parking will be free at the Centre de chirurgie de Québec. You must get a ticket at the parking kiosk at the entrance of the centre (see image 1). You will then be given a free ticket by the staff. A parking lot dedicated to companions (next to the back door of the building) will be accessible for companions who drive patients).



Image 1: