

Outpatient Surgery

# Patient Information

## Nothing to eat or drink - ('nil by mouth')

Clear instructions about eating and drinking are important for you to follow. Please do not eat anything the last 6 hours before your registration. You are allowed to drink 1-2 glasses of water or 1-2 cups of tea or black coffee (no milk products, fruit juice, coke or ice tea) until 2 hours before your arrival time. After that, you may not drink anything. Do not chew gum. You may not smoke for 6 hours before the anesthesia.

Children up to one year may be fed 4 hours before the operation. Please be so kind to bring a small meal and a nappy for the time in the recovery room.

An anesthesia for breastfeeding mothers is adapted carefully, that the baby can be breast-fed immediately in the recovery room.

## Medicines

You should continue to take your normal medicines up to and including the day of surgery with a little sip of water, unless the anesthetist or surgeon have asked you not to. If you take medication to thin your blood (such as warfarin, aspirin, DOAK's, clopidogrel) or antidiabetics, you will need specific instructions. If you are not sure, ask your anesthetist.

## Important Documents

Please, bring your medical documents (allergy pass, heart pacemaker, anesthesia or Marcumar card or requested ECG, blood tests, medical reports). Please do not hesitate to ask us for a copy of the anesthesia consent form.

## Useful Information

Please remove contact lenses, dentures, jewellery, piercings and artificial hair pieces before anesthesia. Please do not use any facial creams or cosmetic products (make-up, nail polish etc.)

## Escorts

After surgery every patient will remain approx. 2 hours in the recovery room.

To avoid inconvenience for your escort regarding the waiting time, we advise you to order your escort directly to the reception. Please keep in mind that only one parent may accompany a child into the operation theatre or the recovery room. As a result of the anesthesia and the lingering effects of the medication, your perception may be impaired for up to 24 hours. Please ensure that you have somebody transport you home and stay with you and take care of you for 24 hours.

## Having had a general anesthesia, the following restrictions are strongly advised for 24 hours:

- Do not drive.
- Do not take any form of alcohol.
- Do not smoke.
- Do not operate machinery (this includes the cooker or kettle).
- Do not lock yourself in a room.
- Do not sign important legal documents.
- Do not make any important decisions.
- Please protect any body regions that are still numb secondary to regional anesthesia from damage caused by compression/pressure and injury (e.g. by heat or cold).

### Your Personal Check List

- ✓ Your day of operation: \_\_\_\_\_
- ✓ Your registration time: \_\_\_\_\_  
(Please give us a call the day before surgery after 13:30 : **040/ 6898999-30**)
- ✓ Are crutches, bandages, orthoses organized?
- ✓ Is your family/friend/surveillance organized and informed by you?
- ✓ Are analgesics (as for example Ibuprofen, Novamin) available at home?
- ✓ Phone number of your surgeon: \_\_\_\_\_
- ✓ Phone number of the emergency service (Kassenärztlicher Notdienst Hamburg): **+49 (0) 40 22 80 22**