



BERWICK ENT
MR ADNAN SAFDAR

PREPARING FOR SURGERY

You or your child has been advised to have a surgical procedure. In order to prepare you or your child for surgery, it is important that you read the following information and discuss any concerns that you may have with your treating specialist prior to the surgery.

Time of Surgery

You may wish to discuss and finalise a time for surgery on the day of your consultation with Mr Safdar. If the procedure is urgent Mr Safdar will advise you of an appropriate time before you leave on the day of your consultation. Please talk to Mr Safdar's Secretary for more information on the day of your consultation. Otherwise Please call our office on 03 9768 9331 to organise a time for your operation.

General Information for Surgery

The Following Herbal Supplements must be stopped Two weeks prior to Surgery.

If you have any concerns regarding this please inform Mr Safdar.

Dindevan (Phenindione), Echinacea, Ephedra, Fish Oil, Ginkgo, Ginger, Garlic, Ginseng, Horse radish, Kava, Meadowsweet Tea, Primrose Oil, St John's Wort, Valerian, Vitamin E, Willow Bark
Please do NOT take aspirin or any medication containing Aspirin such as Astrix, Cartia, Solprin, Disprin or other Non Steroidal Anti Inflammatory Medication Such as Brufen, Ibuprofen, Celebrax, Feldene, Diclofenac Sodium for one week prior to surgery.

If you need to take a pain killer in the week preceding the surgery you may take Panadol or Panadiene. If you are not sure please discuss with Mr Safdar.

Anti-Depressants:

Anti Depressants such as Aurorix, Arima, Clobemix, Mhexal (Moclobemide) may interact with anaesthetic drugs and may need to be discontinued two weeks prior to Surgery. If you are taking any Anti-Depressant medication please inform Mr Safdar.

Anti Coagulants:

If you are taking Warfarin (Coumadin, Marevan) or Clopidogrel (Plavix, Iscover) alternative arrangements for blood thinning may need to be made prior to surgery. Please Discuss with Mr Safdar at the time of your consultation.

The Day of Surgery:

You will be advised of the time that you need to be admitted on the day of the surgery. You will need to fast (Nothing to eat or Drink) from midnight the night before the Surgery. If there is any change to this you will be informed. Please bring along any scans (Hard Copies or Compact Disc) that you may have had prior to surgery. Failure to do so might result in a delay on the day of surgery or even cancellation.

Please make sure you have someone to accompany you the day of surgery. You will NOT be allowed to drive yourself the day of surgery. Patients under the age of 18 will need an adult to accompany them home.

Post-Operative instructions will be given to you before you leave the hospital. An appointment to see your doctor following surgery will be scheduled for you or you may call our rooms on 03 9768 9331.

If you are not clear about any of the above information please call Mr Safdar's Rooms on 03 9768 9331 and discuss with our staff. More information is available on our website www.berwickent.com.

