PRE - OPERATIVE INSTRUCTIONS – ADULTS

PREPARATION:

1. Required pre-operative tests:

- blood type
- morphology
- OB
- PT i APTT (coagulability)
- electrolytes (Na, K)
- glucose
- antigen HBs
- HCV antibodies
- HIV antybodies
- creatinine (for patients over 65)
- general urinalysis
- nasopharyngeal PCR smear for COVID-19

For tonsil surgery, an ASO test is also required

2. Possible additional tests:

- computerized tomography of the sinuses, rhinomanometry (nasal volume and air pressure examination)
- ECG and chest X-ray (for patients over 40)

3. Hepatitis B vaccination is recommended but not required. Vaccination is safe, gives a lifelong immunity and has been a part of routine vaccination schedule in Poland since 1996. Complete series consists of 3 doses (0, 1 month, 6 months). Two of the 3 doses should be administered before planned surgery. The surgery can be performed 2 weeks after the second dose.

4. For 2 weeks before the operation the patient should not take drugs containing acetylsalicylic acid such as: Acard, Alka-Prim, Aspirin, Calcipiryna, Etopiryna, Polocard, Polopiryna, Upsarin. **NOTE: does not apply to people who use these drugs chronically at a dose of 75 mg / day.**

5. Consultation with the anesthesiologist several days before surgery.

The documents to be brought for assessment include:

a) **pre-operative test results in paper form**

b) discharge summaries from prior surgeries, if available

c) if the Patient is treated due to a chronic disease, please provide the current (up to one month) opinion of the attending physician

d**)** filled out questionnaires available on www.krajmed.pl/downloads:

☐ Anesthesia Questionnaire

☐ Upper Respiratory Tract Questionnaire

6. Please read the following contract for the surgery, which will be signed on the day of the surgery *(*available on www.krajmed.pl/downloads*).*

Anesthesia consultation (consultation cost according to the price list)

Anesthesiologist:: . . . . . .

Appointment date: . . . . . .Time: . . . . . .

Before surgery (recommended):

- **Xylitol** solution (2 heaped teaspoons / 50 ml of boiled water), 3 times a day, 4 doses to each nostril and mouth for 7 days before surgery (from the day the smear was taken), then for 7 days after removing the silastics/ dressing from the nose.

In order to minimize the risk of COVID-19 infection it is recommended that the patient be isolated for 7 days before surgery. A COVID-19 PCR swab is also required, and is typically taken up to 72 hours before surgery. At the time of taking the smear and after taking the smear, the patient continues to follow the sanitary regime and isolates himself from potential sources of infection.

1. The patient can eat and drink for 6 hours before surgery.
2. If needed, It is recommended to drink max. 3 ml still water per kilogram of body weight 2 hours before the surgery.
3. Still water can be drunk between 6 hours and 2 hours before surgery.
4. You should report about 1h15 min. earlier - according to information provided by the staff the day before the procedurę.
5. **On the day of surgery, please bring freshly washed and ironed pajamas, slippers, a towel and toiletries.** Alternatively, original test results, computed tomography, if not previously provided, should be provided.
6. Women are asked to remove make-up and at least one nail on the left hand without any nail polish.
7. Patients are asked to shave their facial hair.
8. The procedure is performed under general anesthesia (anesthesia).
9. The patient should be transported home under the care of another person.
10. For 24 hours after the end of the operation, Patient should not drive or make important decisions (due to the possible prolonged effects of anesthetics).

11. **Surgery date: . . . . . .**

12. **Surgery cost: . . . . . .**

Adult patients usually go out on the same day after surgery, unless the type of surgery requires a longer stay. The persons staying in the Clinic overnight are discharged by 10:00 a.m. the following day. Longer stay, if not required for medical reasons, involves additional fees.

- Having scheduled the date of surgery, an advance of PLN 2000 should be paid to CM Krajmed account within 7 days. Failure to pay the advance may result in canceling the surgery appointment.

Account number: Santander Bank Polska 10 1090 1694 0000 0001 2382 4265

- Advance can be reimbursed if cancellation is reported no later than 7 days before the scheduled surgery date.
- The remaining amount should be paid at the Reception (by cash or card) or proof of wire transfer delivered at the latest on the date of the surgery. Failure to prove that the payment has been made results in rescheduling the surgery date.
- The patient is entitled to free of charge follow-up ent visits for one month after surgery.

COMMENTS:

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