

# PRE - OPERATIVE INSTRUCTIONS – ADULTS

## Preparation for surgery in general anesthesia

1. Required pre-operative tests:

- Blood type (the original document issued by lab or RCKiK);
- CBC;
- OB;
- PT and APTT (clotting);
- electrolytes (Na, K);
- glucose;
- antigen HBs;
- HCV antibodies;
- HIV antibodies;
- urinalysis;
- creatinine (*for patients over 65*);
- ASO (*if tonsils surgery*).

2. Possible additional tests:

- computerized tomography of the nose / sinuses, rhinomanometry (nasal volume and air pressure evaluation)
- for patients over 40 years old ECG and a chest X-ray with a written interpretation

3. Hepatitis B vaccination – having full validation of the sterilization process we do not require this vaccination. However, Hepatitis B vaccination is safe, recommended and sufficient for life – the most recommended is a combination of Hepatitis A and B vaccine. 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 Patient should not take drugs influencing blood clotting (containing acetylsalicylic acid) such as: Acard, Alka-Prim, Alka-Seltzer, Ascodan, Aspirin, Asprocol, Calcipiryna, Etopiryna, Polocard, Polopiryna, anti - flu tabs Upsarin.

**NOTE: does not apply to Patients who use these drugs regularly at a dose of 75 mg / day.**

5. Consultation with the anesthesiologist - several days before surgery (ideally a week prior).

The documents to be brought for anesthesia assessment include:

a) filled out questionnaires:

- Pre - anesthesia Patient Questionnaire
- Upper Respiratory Disorders Questionnaire

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

c) discharge summaries from prior surgeries, if available

d) if the Patient is being treated due to a chronic illness, please provide current (up to one month old) opinion from the attending physician

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

**Anesthesia consultation** (consultation fee according to the current price list)

**Anesthesiologist:** .....

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

**Surgery date:** ..... **Cost of the surgery:** .....

- Having scheduled the date of surgery, an advance of 2000 PLN is required be paid to CM Krajmed account within 7 days. Account number: Santander Bank Polska 10 1090 1694 0000 0001 2382 4265
- Lack of advance may result in cancellation of the surgery date.
- Advance can be reimbursed if cancellation is reported no later than 10 days before scheduled surgery date.
- **Not following the pre – operative instructions may result in cancellation of the surgery date and loss of the advance.**
- **The remaining payment for the surgery must be made on the date of the surgery at the latest (paid by cash/card at the reception desk or confirmation of the bank wire transfer must be provided). Failure to provide proof of payment will result in cancelling the surgery date.**
- All ENT follow up visits are free of charge within the first month after the surgery.

## Before surgery we recommend to use:

**Bloxin nasal spray gel** 1 dose to each nostril every 4 hours for 5 days before surger.

## On the day of the surgery:

1. **6 hours prior to arriving at Krajmed MC Patient must finish consuming meals, this includes both solids and liquids.**
2. **Between 1 to 6 hours prior to arriving at Krajmed MC Patient may drink plain, non - carbonated water.**
3. **1 hour prior to arriving at Krajmed MC Patient must stop drinking water.**
4. **Failure to follow the above instructions may result in cancelling the surgery date.**
5. On the surgery date Patient should check in at the time scheduled and provided by the staff the day before the surgery.
6. Patient should check in with **freshly washed and ironed pajamas, slippers, a towel and toiletries.**
7. Originals of the test results and CT scan of the sinuses must be provided, if weren't provided previously.
8. Patient should bring all of his/her regular medications.
9. Patients are asked to remove all make-up, jewelry, including earrings; at least one nail on the left hand must be left without any nail polish.
10. Male Patients are asked to shave their facial hair.
11. For 24 hours after the end of the operation, Patient should not drive / operate any motor vehicles or make any important decisions (due to the possible prolonged effects of anesthetics).
12. The Patient should be transported / accompanied home under the care of another adult person.

Adult Patients typically get discharged on the same day of the surgery unless the type of surgery requires a longer stay. Patients staying overnight typically get discharged the following morning before 10 am. Longer stay, if not required for medical reasons, involves additional fees.

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