

Preparation for Surgery - General Information

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Preparation for your treatment

Fitness aids in your recovery so to improve your general condition, you need to:

Do gentle exercise such as walking or swimming as much as possible prior to your procedure;

Stop smoking as soon as possible (ideally at least 6 weeks prior to your treatment);

Reduce alcohol consumption. Please refrain from excessive alcohol the evening prior to your procedure;

You will be given specific instructions on fasting by the hospital the night prior to your surgery.

Risks related to the anaesthetic and general procedure risks

Surgery today is very safe however there are possible risks - common to all surgery - related to both the anaesthetic and the procedure.

Minor complications may include:

- headache;
- nausea and vomiting;
- inflammation/bruising;
- temporary nerve damage;
- throat irritation from anaesthetic gases and the breathing tube;
- infection;
- scarring;
- wound break down;
- bleeding (including blood in the urine);
- constipation and urine retention.

Major complications may include (these are very rare):

- dental damage;
- recall during surgery;
- heart attack;
- stroke;
- brain damage;
- allergic reactions (including anaphylaxis);
- chronic pain;
- renal failure;
- deep vein thrombosis and pulmonary embolism;
- lung and respiratory complications; and
- death.

These risks are extremely low. Patients with heart or lung disease, blood pressure problems, have previously had a stroke, are diabetic or smokers are in a higher risk category, as are older patients.