



Medex AS

Private Day Surgery  
Clinic



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## PATIENT INFORMATION SHEET

# SURGERY PREPARATION GUIDE

This leaflet has been compiled to make it easier for you and your family to prepare for surgery at MEDEX private day surgery clinic and for the post-surgery period. We strive to provide essential information to help you better prepare for and recover from surgery.

If surgery is recommended for you and you agree to it, we are waiting for you at the appointed time at the MEDEX PRIVATE DAY SURGERY CLINIC.

### Your surgery will take place:

Date .....

Time .....

If you are unable to attend the surgery at the appointed time due to illness or other reason, please let us know.

### WHEN APPEARING FOR THE SURGERY

Please have with you:

1. Identification document
2. Medicines you take regularly

### ON THE MORNING OF THE DAY OF SURGERY:

1. Please do not eat, drink, chew gum or smoke 6 hours before surgery.
2. On the morning of surgery, take a shower.

### WHAT WILL HAPPEN ON THE DAY OF SURGERY:

Upon arrival at the clinic, your documents will be processed at the reception desk. The nurse will show you to the room where you will remain until the surgery. Throughout your stay at the clinic, you will be cared for by a professional trained nurse, anesthesiologist and operating surgeon. For leisure, you will be offered magazines and newspapers.

The anesthesiologist will discuss all pain management options with you, and together you will choose the anesthesia that suits you best. You will be asked to answer questions about your health, such as any allergies you have, previous surgeries, and other chronic conditions. To avoid possible problems in the future, please answer all questions so that all information is known to the medical staff.



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Immediately before the surgery, the operating surgeon will conduct a second examination. The nurse will take you to the surgery room, where immediate preparation for the surgery will take place. An anesthetist, a nurse, a nurse anesthetist and your surgeon will be waiting for you in the surgery room. After the staff helps you move to the operating table, the anesthesiologist and nurse anesthetist will begin preparing you for anesthesia. During the surgery, you will not feel pain or encounter any other discomfort.

#### **AFTER SURGERY:**

At the end of the surgery, you will be transferred to the recovery room (the same room you were in before the surgery). After waking up, you may feel drowsy for some time. If necessary, you will be supplied oxygen through a mask. If you are cold, you can ask for an extra blanket. The nurse will check your pulse and blood pressure and answer any questions you may have about your health. Once you have recovered somewhat, you will be able to have a light snack (including fruits and a warm drink).

As a rule, after surgery, the patient spends several hours in the recovery room. While there, try to relax in a way that suits you, such as sleeping, reading, or talking with your companion. A nurse will monitor your condition. After a few hours, you will be visited by an anesthetist who will determine if you are ready to get up. You will then receive post-surgery advice from your doctor. The doctor will give you a contact number that you can call if you have any questions, and you will also be offered the time of your next appointment. Just in case, you will receive painkillers for the next day with you. By following your doctor's recommendations, you will recover well and will soon be able to work again. Before you leave the clinic, a nurse will apply a bandage or adhesive tape to the wound. Then you can go home. We recommend that you enlist the help of an escort for this.

#### **WITHIN 24 HOURS AFTER SURGERY:**

1. Do not drive a car or other means of transportation
2. Do not operate machinery or perform other activities that require concentration
3. Do not take sleeping pills.
4. Do not make serious decisions or sign important documents
5. Ask someone to stay with you for 24 hours after surgery

**BY FOLLOWING OUR RECOMMENDATIONS, YOU WILL TAKE CARE OF YOURSELF**

**WE WISH YOU A QUICK RECOVERY,  
MEDEX PRIVATE DAY SURGERY CLINIC**