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INFORMATION FOR PATIENTS WHO ARE ABOUT TO HAVE SURGERY AT THE ROOMS:

WHEN YOU ARRIVE FOR YOUR SCHEDULED APPOINTMENT FOR SURGERY UNDER LOCAL ANAESTHESIA, YOU WILL NOT BE CHARGED FOR A CONSULTATION; ONLY FOR THE PROCEDURE.

A BEFORE THE SURGERY:

1. Please have a decent breakfast the morning before the procedure.
2. Try and wear comfortable loose clothing which can be washed afterwards.
3. Most people can return to work afterwards, except where many lesions were removed. Please ask your doctor for a sick note for your employer or school.
4. Make sure that you know for how long the doctor wanted the appointment, e.g., thirty minutes or one hour. Failure to specify this to the secretary, may lead to insufficient time being allocated for the procedure, which means that the procedure will have to be rescheduled, at everyone's inconvenience.
5. Please inform the doctor if you are on any of the following medications:

Warfarin

Heparin

Disprin / Ecotrin/Xarelto

YOU NEED TO STOP WARFARIN, XARELTO AND HEPARIN FOR 24 HOURS PRIOR TO SURGERY.
DISPRIN MUST BE STOPPED 7 - 10 DAYS BEFORE THE PROCEDURE.

The following homeopathic products may also cause excessive bleeding and need to be stopped 48 hours before procedure:

Devil's Claw

Dong Quai (angelica sinensis)

Feverfew

Garlic Ginger

Ginkgo Biloba

6. Please inform the doctor if you have a pacemaker. Certain electrical apparatus may interfere with its function!
7. If you are bringing a child for surgery, please ask about EMLA-patches or cream - this can be applied two hours before the procedure to reduce the pain of the injection. Unfortunately the EMLA alone does not give total anaesthesia, so an injection is still necessary.
8. If you are reporting for surgery on the face, please remove all make-up before you arrive.
9. If you have ever had a bad reaction or experience to local anaesthesia, please inform the doctor timeously.

B **AFTER THE SURGERY:**

10. Should you feel unwell afterwards, we will offer you refreshments.
11. Plan to go home (you may drive your motor vehicle) - but don't go shopping afterwards. You will only add to discomfort and bleeding, which is inevitable in the first 24 hours. Ideally there should be no tension on any wound, but this is almost impossible to achieve. However, please do not start a heavy exercise program directly after the procedure.
12. When the doctor deems it necessary, she will ask you to come back within 24 hours for a new dressing, e.g. for wounds on the back or legs. It is not usually necessary to re-do the wound-dressing at home within the first 24 hours. However, if wound moisture (i.e. blood) should drain through the dressing and you cannot control it, please feel free to call the doctor at home on 0834535100. The Opsite plasters though, will contain the blood inside the dressing and need only to be changed the next day. Don't be concerned if the wound dressing looks heavily soiled - this is normal.
13. If the doctor has not scheduled a wound-care appointment for you, you will be required to remove the wound dressing, usually after 24 hours if it is heavily soiled. If it is an Opsite plaster (which doctor will point out to you), it can stay in place for a maximum of five days, within which time it needs to be removed.
14. When any plaster is removed, please do not clean the wound with Dettol or Savlon or Mercurochrome. This only kills off the cells doing their bit to heal the wound. At most the wound can be cleaned but the wound should be covered again. The doctor can supply you with the Opsite plasters or otherwise you can buy Elastoplast plasters.
15. Covered wounds always heal better than open ones. Contrary to popular belief - a wound does not have to breathe - it receives oxygen from the blood, not the air around us!
16. Removal of stitches is quite painless, unless a continuous subcutaneous stitch was put in. Removal of this maybe uncomfortable, but only for a moment.
17. After removal of stitches, it is sometimes necessary to keep the wound covered for a day or two. The doctor will advise you on whether this is necessary.
18. The doctor will ask you to return for the removal of stitches. A guideline for the time span of removal is the following:
 - Face: 5 - 7 days
 - Neck: 7 - 10 days
 - Trunk 10 - 14 days
 - Arms, legs 10 - 14 daysThis is only a guideline, as some wounds heal faster than others. Stitches will be removed at the doctor's discretion. You will be charged for a sterile tray and medical consumables at this visit. Should you decide to see another practitioner, he/she will probably charge for a consultation for the removal of your stitches.

If dissolvable stitches were used, these will not need to be taken out as they will dissolve over time.
19. Wound care will be done if the patient feels it is necessary and will be charged accordingly, e.g. crepe bandage, Opsite plasters, etc.
20. If, despite all this information, you still have any queries or questions, please feel free to ask!