

Before Your Surgery

Dr Matthew Cranstoun

PREPARING FOR YOUR SURGERY:

- It is imperative that prior to your surgery, you understand your procedure, including the financial considerations (informed financial consent), indications, prognosis and potential complications → if you have any outstanding questions or concerns, it is important to address these prior to the day of surgery and this can be done via telephone or email if required
- If you do not regularly visit your GP, a preoperative general health check may be valuable to assess your overall fitness for surgery and to optimise any medical conditions you may have; this should occur at least 1 week prior to your operation

BLOOD THINNING MEDICATIONS

- It is **OPTIMAL** for oculoplastic surgery to be performed on patients who aren't currently taking anticoagulant or antiplatelet medications
- These medications include: **Aspirin, Warfarin, Heparin, Coumadin, Marevan, Plavix, Co-Plavix, Pradaxa, Eliquis and Xarelto**
- It also includes supplements or over-the-counter medications such as: **Ginger, Ginko-Biloba, and Garlic**
- WHERE POSSIBLE – these medications should be stopped prior to your operation
- Prior to stopping these medications, it is advisable to check with your prescribing doctor (such as your general practitioner, cardiologist or neurologist) that it is safe for you to do so
- See below for recommendations regarding the timing of stopping these medications

Medication	Brand Name	Instructions
Aspirin and aspirin-containing medications	Astrix, Cartia, Asproclear, Solprin, Disprin, Asasantin	Cease 14 days (2 weeks) prior to surgery; can restart the day after surgery
Clopidogrel	Plavix, Iscover, Co-Plavix	Cease 5 days prior to surgery if safe to do; can restart the day after surgery
Non-steroidal Anti-Inflammatory Medications (NSAIDS)	Nurofen, Ibuprofen, Voltaren, Celebrex, Indocid	Please discontinue 72 hours prior to surgery where possible
Warfarin	Marevan, Coumadin	Cease 48 hours prior to surgery if safe to do so; can restart the day after surgery
Dabigatrin, Rivaroxaban, Apixaban	Pradaxa, Xarelto, Eliquis	Cease 48 hours prior to surgery if safe to do so; can restart the day after surgery
Ticagrelor	Brillinta	Cease 5 days prior to surgery if safe to do so; can restart the day after surgery
Ginkgo, Garlic, Ginger, Gingseng, Horseradish, Fish Oil	Various	Cease 14 days (2 weeks) prior to surgery if safe to do so; can restart the day after surgery



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DIABETES AND YOUR SURGERY

- The importance of understanding what to do with your diabetes medications around the time of surgery cannot be understated
- Some medications (SGLT2 inhibitors such as – Dapagliflozin and Empagliflozin) need to be ceased for several days prior to surgery to avoid severe complications like diabetic ketoacidosis
- All patients should confirm their medication and fasting requirements with Dr Ben Lincoln’s (anaesthetist) rooms at Axxon prior to surgery

Axxon Anaesthetists – 07 3214 8555

REGULAR MEDICATIONS:

- Please take all your regular medications with a sip of water on the morning of your surgery
- Note this **DOES NOT INCLUDE** your diabetic or blood thinning medications as outlined above

ARRIVAL AT HOSPITAL

- Please arrive at the hospital on the morning of surgery as directed by the administration team from Terrace Eye Centre OR the treating hospital/day surgery
- Please wear comfortable clothes and bring your usual medications and a change of clothes if you are planning for an overnight admission
- Please bring any RELEVANT scans (XRAY/CT/MRI) on the day of your surgery as well

Should you have any questions or concerns prior to your operation please contact Dr Cranstoun to discuss these.

Business Hours: 07 3831 0101
Email: admin@terraceeyecentre.com.au

NOTES/QUESTIONS:
