

## Patient information leaflet: **Preparing for your Procedure**

If you are self-funding your consultation and treatment, you may book an appointment without a referral letter from your GP but be advised that we would be writing back to your doctor with the details of your consultation and subsequent management plans so your doctor will have your complete medical history on record unless you advise us otherwise.

### **Questions you may wish to ask**

Do I need to stop taking my medications before my operation?

If you are diabetic and take tablets to manage your diabetes do not take them on the morning of your operation. We may also advise you to temporarily stop taking any blood-thinning medications such as warfarin, clopidogrel and dabigatran, to minimise the risk of excessive bleeding.

Do I need to fast before my operation?

If your surgery is under general anaesthetic (asleep) you should not eat anything for at least six hours prior to your operation. You may have sips of water up to 2 hours before. You will receive more specific instructions from our office, or from the admitting hospital, nearer the time.

When should I report to the hospital for my operation?

Once a date has been set, either the hospital or my Practice Manager, Jane Newbery, will usually contact you regarding the arrangements for your operation. You will normally be advised to report to the hospital on the morning of your operation, but occasionally this may be later in the day, depending on the proposed timing of your procedure. You may bring basic toiletries and regular medications with you. For additional comfort, you may wish to have loose fitting, elasticated pants (joggers) to wear on discharge. Please make arrangements for a relative or friend to collect you from the hospital if you are having sedation. It may also be a good idea to pre-buy food to have at home following your discharge.

Do I need to stop smoking?

Smoking is known to be harmful to your health in many ways. It may make you more prone to chest infections and it can affect wound healing. Therefore it is advisable to stop smoking at least 2 weeks prior to your operation.

Urgent queries and out of hours service

The Manchester General Surgeon aims to provide a high-quality service to our patients at all times. On discharge from hospital you will be provided with a contact number should you have any urgent or out of hours questions.

## Post-Operative information

General advice following discharge after your operation

After surgery you will be moved to the recovery room, where you will be told how the operation went. Post-operative care is the care you receive after your surgical procedure which will depend on the type of surgery you have, as well as your health history. It may include pain management and wound care.

Here are some general advice tips that may aid your recovery from surgery:

- Move about as much as you can to minimise the risk of blood clots and chest infections. Gentle walks are ideal if you can manage it.
- Take your painkillers, as prescribed, for 4-5 days or until you are comfortable without them.
- Drink plenty of fluids to keep your body hydrated.
- Your skin wounds are usually closed with dissolving stitches which do not need to be removed.
- Your wound dressings should be waterproof so you can have showers. Just dab the wounds dry afterwards. Avoid having a bath for the first 5-7 days.
- The wound dressings may be removed after 5 days, leaving the small wounds open to dry naturally.

Most people are able to return to work and normal physical activities about 7-10 days following keyhole procedures, such as gallbladder removal and hernia repairs. This is, however, dependent on the type of work you do. Please speak to one of our team for further advice.

As soon as you are able to do emergency stops, you should be able to drive a car again. This is usually about 7-10 days after your procedure. Please check with your insurance company for any restrictions that may apply.

If there is anything at all that you are concerned about, following your discharge from hospital, please contact us on **0161 495 7046**.

You can also ring the ward from which you were discharged and the staff there will contact a member of our team for you.

### Who are we?

The Manchester General Surgeon provides a comprehensive, expert diagnostic and treatment service for a wide aspect of surgical procedures. From minor surgery to fibre-optic endoscopy, bowel cancer surgery, advanced keyhole 'laparoscopic' surgery and ground-breaking treatment for haemorrhoids and colorectal disorders, our team are highly experienced and leaders in their field.

### Find Out More

Based at BMI The Alexandra Hospital, The Manchester General Surgeon provides a comprehensive diagnostic and treatment service for haemorrhoids and other colorectal disorders. To find out more about your treatment options or to make a self-referral, please telephone us on **0161 495 7046** or email [gabriella.rocco@bmichoice.co.uk](mailto:gabriella.rocco@bmichoice.co.uk) to speak to a member of our team.