



Coastal Neuro Surgery

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General preoperative information:

1. Medical Assessment:

On those occasions when the person to undergo surgery has general health concerns (with the heart or lungs for instance) it is wise to arrange for review by an anaesthetist or a physician at the hospital where the surgery will take place, but well ahead of the surgery date. This provides for specialised care in the immediate post-operative period, helping reduce the risk of complications.

You will need to print and complete the **Medical History Form** and then bring it with you when you have your appointment with Dr Coughlan.

2. Medications:

Some medications have a major impact on surgery and the early post-operative period. Amongst the most important are medications that reduce clotting ("thin the blood") and these may need to be stopped well before surgery because of possible bleeding problems.

This group includes warfarin, clopidogrel (Plavix, Iscover), ticlopidine (Ticlid, Ticlopidine Hexal, Tilodene), all aspirin containing medications and all of the anti-inflammatory agents. However, do not stop taking any medicines before discussing them with your surgeon.

3. Allergies:

Always tell your anaesthetist and surgeon about any allergies to drugs so as to avoid potentially serious problems.

4. Admission to Hospital:

Once a plan for surgery has been decided upon, bookings will be made with the appropriate hospital. In most cases, admission to hospital is on the morning of the day of surgery. Nursing staff will supervise preparations for surgery on the ward and the anaesthetist will make a visit shortly before the time of surgery.

Preparing for surgery:

Preparations for surgery depend on your diagnosis. Dr Coughlan will discuss with you how to prepare for your surgery. However, if you will undergo general anesthesia, you may be asked to do the following:

- stop drinking and eating for a certain period of time before the time of surgery
- if you are having a fusion operation, you **MUST** stop smoking for 6 weeks prior to surgery



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- bathe or clean, and possibly shave the area to be operated on
- undergo various blood tests, x-rays, electrocardiograms, or other procedures necessary for surgery
 - do not wear makeup the day of surgery
 - do not wear nail polish
 - do not wear your eye contacts
 - leave valuables and jewelry at home
 - advise the medical staff of dentures or other prosthetic devices you may be wearing

Often, to make their experience more comfortable and efficient, patients are advised to bring the following:

- loose-fitting clothes to wear
- insurance information
- Medicare card