



INSTRUCTIONS FOR PATIENTS HAVING SURGERY AT:

**Brightside Hospital**

**3 Brightside Rd, Epsom**

**Ph. 925 4200 – (Fax 925 4201)**

**You have been given the Brightside Hospital Admission pack. Please read and follow the instructions.**

**Please note that your time for arrival may alter and you will be informed closer to the day.**

**1. FORMS TO FILL OUT & POST TO HOSPITAL**

**Please complete the forms & post to the hospital**

- a) *Agreement to treat*
- b) *Patient Admission form*
- c) *Patient Health Questionnaire*

**Please post to Brightside Hospital ASAP (stamped envelope provided). This is required no later than 1 week prior to your surgery.**

**2. INSURANCE PRE-APPROVAL**

Have you received pre-approval from your insurance company? You must provide your pre-approval letter on arrival. Please see the estimate and instructions provided.

**3. PRESCRIPTION**

If you have been given a prescription, please ensure you have this filled at least 2 days prior to your surgery. If provided, start rinsing with the Savacol mouthrinse as instructed.

**ON THE DAY OF YOUR SURGERY**

*You will be at the hospital for the best part of 3 hours*

**4. FASTING INSTRUCTIONS**

**Do not eat or drink anything six hours prior to your time of surgery - not even a sip of water or chewing gum**

**Nothing to eat or drink after midnight prior**

**PRE OPERATIVE MEDICATION INSTRUCTIONS**

**You should continue to take your usual prescribed medications, unless directed otherwise by Dr Parr.**

**Aspirin - Do not take for 3 days prior**

**Arnica - Do not take arnica for 2 weeks prior (*These can cause bleeding at the time of your surgery*)**

**Pain Relief - If you need pain relief for any other reason in the 2 weeks prior to your surgery please take Paracetamol, Panadol, Panadeine or Nurofen. No Aspirin based medication please**

**FOLLOWING YOUR SURGERY**

Following intravenous sedation or general anaesthesia,

- You will need to be driven home by a friend or family member. You must not rely on a taxi on your own.
- You must not drive or be involved in any activities that require judgement, concentration or decision-making.
- Please note you will not be able to drive for 24 hours post operatively.
- If you smoke, it is advisable that you refrain from smoking for 2 weeks post operatively.
- You will be given more post-operative information on your discharge.
- **Follow up** - Our nurse will call you a few days later to check on your progress and if required, she will arrange a follow up appointment for you. If required, this can be 1 to 2 weeks after your surgery.

**CAR PARKING AT BRIGHTSIDE HOSPITAL**

Limited allocated parking is available on site for patients and visitors. Street parking is also available in the area surrounding the hospital.

## Nutritional Guidelines – to aid a speedy recovery

### The quality of your nutrition is vital to your healing – we cannot emphasise this enough

- ❖ As your mouth and tongue may be numb for several hours after your surgery, please take care with hot food and drinks.
- ❖ Take care not to bite your lips, cheeks or tongue.
- ❖ It is advisable that you refrain from smoking for 2 weeks post-operatively.

For the next few days you should eat a fairly soft type of diet. This will protect the sites of surgery and prevent any damage.

**Before you start taking your post-operative medication, please have something fairly substantial to eat. We suggest something from the following list.**

### Suggestions for a soft diet

- Eggs (scrambled, poached, omelette)
- Pasta - soft pasta - macaroni, spaghetti (tinned is ok)
- Mashed veges - with gravy or sauce
- Noodles
- Crepes / Pancakes

### Other ideas

- Soups
- Stewed apple
- Yoghurt
- Ice cream
- Custard
- Fruit smoothies - *please don't use a straw as this can activate bleeding*
- Jellies
- Weetbix
- Porridge

**As the days go by, you will be able to progress to more solid food.**

### Suggestions

- Mince - spaghetti & meatballs, spaghetti bolognese, shepherds pie
- Casserole
- Fruit - bananas, blueberries, kiwifruit, melon
- ❖ Remember though, the surgery site may still be tender and if you eat food such as toast or steak, this may cause damage to the soft tissue/gum and result in pain and swelling.
- ❖ **Your sutures** will resorb in about 7 – 10 days. They can sometimes be a little slow to disappear depending on where they are in your mouth. Food can gather around the sutures so do continue to rinse regularly for up to a week later.
- ❖ **Follow up** - Our nurse will call you a few days later to check on your progress and if required, she will arrange a follow up appointment for you. If required, this is can be 1 to 2 weeks after surgery.
- ❖ **If you have any questions or concerns, please do not hesitate to call the office on (09) 529 5061**

**We hope this information has been helpful and has assisted in your recovery.**