



INSTRUCTIONS FOR PATIENTS HAVING SURGERY AT:

QUAY PARK SURGICAL CENTRE

Level 2 - 68 Beach Road, Auckland City Central

Ph 919 2500 – (Fax 919 2512)

1. FORM TO COMPLETE AND SEND

Please complete the Anaesthesia Assessment form and send to QPSC as soon as possible.

The assessment form must be with the hospital at least one week prior to your surgery date. Failure to do so may result in your surgery being cancelled.

ASAP please fax to both - Quay Park Surgical Centre **Fax 919 2512**
- Anaesthesia Auckland **Fax 5200124**

Or post back to - Nigel Parr Surgical, 11 Green Lane East, Remuera, 1050

Or scan & email to reception@nigelparroralsurgeon.co.nz

2. INSURANCE PRE-APPROVAL

Have you received pre-approval from your insurance company? Please see the 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.

DATE & TIME OF ADMISSION

- Please note this time could change and will be confirmed closer to the date of surgery
- You will be at QPSC 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

Parents – if this surgery is for your young child, it would be fine if they would like to wear their pajamas and take their favorite soft (quiet) toy.

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 is can be 1 to 2 weeks after surgery.

CAR PARKING

Pay & Display Parking is available on the ground level at the entrance. **You will need to take coins for the parking meter.**

There are also other Pay & Display car parks in the immediate vicinity.

Further information for Quay Park Surgical Centre is available on www.quayparksurgical.co.nz

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.