

## Pre-surgery instructions

### For women

1. You should prepare for the surgery mentally as well as physically. You should not have a cold or fever when you come to the surgery. **You must inform the clinic immediately of any health issues** obtained during the pre-surgery period, or which you have not mentioned during previous visits to the clinic. This includes allergies and hypersensitivities substances or events.
2. In addition to general health deterioration, **smoking** causes post-surgery haematomas and deviations in wound healing. It especially reduces resilience to pus inflammation of the nose, throat and lungs, and therefore increases the risks related to anaesthesia and nose-ear-throat surgeries. We advise quitting smoking at least 4 months prior to surgery. **It is strictly forbidden to smoke on the day of surgery!**
3. Some vitamins cause post-surgical bleeding, worsen Inflammation, raise blood pressure or alter your sugar levels. We advise you to give up the following one month before the surgery:

▶ Products to control your appetite	▶ Oil-based supplements	▶ Licorice
▶ Chromium	▶ Garlic	▶ Melatonin
▶ Echinacea	▶ Ginger	▶ Saw Palmetto
▶ Ephedra	▶ Ginseng	▶ St. John's Wort
▶ Feverfew	▶ Goldenseal	▶ Valerian Root
▶ Flaxseed	▶ Kava-Kava	▶ Vitamin E
4. Follow the pre-surgery medical check-up instructions given during the consultation. **Blood** should be tested 2-3 weeks before the surgery, so that the clinic may prescribe extra medicine and supplements if needed.
5. Allow at least 2 weeks prior to surgery if you wish to have tattooing, tanning, pigmenting or cleansing of facial skin at a salon.
6. Abstain from aspirin and other blood thinning medications, such as Ibuprofen, Paracetamol or Hjertemagnyl for one week before the surgery.
7. In case of breast surgeries, allow 2 weeks minimum from the last **chest muscle training**.
8. Allow **48 hours** minimum prior to surgery if you wish to consume alcohol. Interaction of alcohol and other medicines can be dangerous.

9. In the case of general anaesthesia or combined anaesthesia your stomach needs to be empty. Consumption of food should be stopped at least 6 hours prior to surgery, and consumption of beverages 4 hours prior to the surgery. Personal food and drink consumption at the clinic is not allowed. **Chewing gum** is also strongly discouraged, as it causes secretion in your stomach. Your fluid intake needs are met by way of intravenous drips during the surgery. In the case of local anaesthesia, moderate eating and drinking are allowed. Avoid caffeinated beverages on the day of the surgery.
10. **On the morning of the surgery**, take a shower and wash your hair. Do not use any chemical products, including perfumes, face moisturizers and body lotions. Do not wear makeup of any type. Wearing nail polish, namely red and blue colours, is also discouraged. One nail on both hands should be absolutely nail polish free. The skin needs to be healthy and without any inflammations. Shave all body hair of the surgical site (except head). Remove fake eyelashes.
11. **Wear clothes** than can be opened from the front, such as jumpers, button-down blouses, etc. Consider post-surgery-appropriate clothing as well, such as scarves, hats, sunglasses, etc. to hide haematomas, swelling, patches and sutures. Also, remove all **piercings** from your body.
12. **Leave all valuables at home** to avoid any losses. Christinas Clinic is not liable for missing possessions.
13. Bring personal hygiene products and results of your clinical lab tests with you on the day of the surgery.
14. We strongly advise arranging with a family member or friend to pick you up postsurgery. If you do not have any contacts in Tallinn, Cristinas Clinic will provide the transportation. **Driving is strictly forbidden** post surgery.
15. Please inform us immediately of any scheduling changes, or if the surgery will be postponed or cancelled due to health issues or other. We charge a **penalty fee of 500 eur** if notice is given later than 4 days in advance.
16. As our prerogative at Cristinas Clinic is care and quality, we are committed to taking the best possible care of you during and after the day of surgery.