

Pre-surgery instructions

- You should prepare for the surgery mentally as well as physically. On the day of surgery, you can't have a cold, fever, herpes (even when in healing phase) and women also can't be pregnant or menstruating. 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. Health issues also include all allergies and hypersensitivities to substances or events.**
- 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. Chewing gum and consuming highly caffeinated drinks is also forbidden on the day of surgery. 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. **Personal food and drink consumption at the clinic is strictly forbidden.****
- Smoking often 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!****
- There must be a minimum of 48-hour period from last alcohol consumption before surgery. Interaction of alcohol and medications used during surgery can be dangerous.**
- Some food supplements cause post-surgical bleeding, worsen inflammation, raise blood pressure, alter your sugar levels, or cause abnormal growth of scar tissue. **Therefore, consumption of following supplements must be stopped at least one month before surgery:****
 - Products to control your weight or appetite
 - Collagen (inc. candies and drinks)
 - Oil-based supplements (Ω)
 - Echinacea
 - Melatonin
 - Ginseng
 - Garlic
 - Ginger
 - Ginkgo Biloba
 - Ephedra
 - Chromium
 - Liquorice
 - Kava-Kava
 - Saw Palmetto
 - St. John's Wort
 - Goldenseal
 - Valerian Root
 - Vitamin E
 - Flaxseed
 - Feverfew
- 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 or supplements if needed. Women should not do blood tests during menstrual period.**

7. **Allow at least 2 weeks prior to surgery if you wish to have tattooing, tanning, pigmenting, cleansing of facial skin at a salon or laser treatments.**
8. In case of breast surgeries, allow 2 weeks minimum from the last breast muscle training. **Mandatory breast tissue diagnostic imaging must be done within last 2 years.**
9. Abstain from blood thinning medications, such as Aspirin/Hjertemagnyl, Ibuprofen, Paracetamol or Dolmen for two weeks before the surgery – except prescription blood thinners about which clinic must be made fully aware of beforehand.
10. **On the morning of the surgery, take a shower and wash your hair – patients with unwashed hair will not be allowed in the operating room.** When preparing long hair, braid it in a way that is comfortable to lay on and will hold for 4 days. Do not use any chemical products, including perfumes, face moisturizers and body lotions. Do not wear makeup of any type. The skin needs to be healthy and without any inflammations or abscesses. Make sure that nail of middle finger on both hands is absolutely nail polish free. Shave all body hair of the surgical site (except top of head). Remove fake eyelashes, when having facial surgeries.
11. Clothes worn during coming and going to the hospital should be easily changed and opened from the front. All clothing needed during stay in the hospital is provided. Bring only personal hygiene products and results you have of diagnostic tests needed for surgery. Consider post-surgery-appropriate clothing as well, such as scarves, hats, sunglasses, etc. to hide haematomas, swelling, patches and sutures.
12. Leave all valuables at home to avoid any losses. Christinas Clinic is not liable for missing possessions. **Also, remove all piercings from your face and body.**
13. If possible, arrange with a family member or friend to pick you up post-surgery. **Driving is strictly forbidden post-surgery.**
14. **After paying the booking fee for the operation, cancelling the operation without a compelling reason, a contractual penalty of 500€ must be paid.** Only permanent health issues are considered a good enough reason for cancellation. With temporary health problems the operation can be postponed without paying a contractual penalty.
15. If you need notice for sick leave, please inform the surgeon during the visit right before surgery.

We at Christinas Clinic strive for the best quality of medical service, and therefore are committed to taking the best possible care of you during and after the day of surgery.

***You as a patient can also contribute to that
by following all instructions given before and after surgery.***