

DAVID FLOYD

PLASTIC SURGEON

Preparation for surgery

After you have had your two consultations with Mr Floyd, you will have finalised a surgical plan, and when you have a date booked for surgery all that remains is to prepare yourself for the big day.

Surgery requiring general anaesthesia is most safely conducted when patients are fit and healthy. General anaesthetic is unwise in patients who are unwell with viral illness or colds. If patients have a cough or a temperature suggestive of either of these, it is important to contact Mr Floyd's secretary so that we can discuss whether surgery should be postponed.

In the run up to surgery it is important to eat healthily, sleep well and remain well hydrated.

On the night before surgery we would ask that you eat well, and remain well hydrated. In most cases you will be asked to come to the hospital at 7:30am on the morning of surgery, having had nothing to eat from midnight. Clear water can be drunk up to 2 hours before surgery and tea without milk or coffee without milk can also be taken. Milk is considered to be solid food and cannot be taken within 6 hours of the start of surgery.

On the morning of surgery you will be admitted to the ward, where the nurses will take your details and provide clothing to prepare you for surgery. You will meet the anaesthetist who will discuss the anaesthetic with you in detail and you will also see Mr Floyd who will mark the surgical site as required and complete the consent form for surgery with you. If you have any other specific questions prior to your surgery, do please feel free to email Sheila who will provide you with the necessary answers.

Medications

We would like you to stop all herbal medicines for two weeks before surgery, avoid Aspirin and any anti-inflammatory medications such as Nurofen, Ibuprofen and Voltarol for 10 days before surgery. Any other specific medication you should discuss with Mr Floyd. For procedures lasting longer than 1 hour it is normal practice to stop the contraceptive pill one cycle before the date of surgery. For smaller procedures may not be necessary and you should discuss this with Mr Floyd before surgery.

Alcohol

Alcohol can be taken in moderation but no more than two glasses of wine or equivalent per day during the week of surgery.

Smoking

Smoking can increase the complication rates of general anaesthetic and also compromise wound healing following plastic surgery. Ideally smoking should be stopped completely for a full 6 weeks before undergoing a general anaesthetic. This allows the lungs to recover from a build up of mucous which can affect the anaesthetic. For small procedures it may not be necessary to stop smoking and you should discuss this with Mr Floyd before surgery.