

My checklist to be ready for surgery

My checklist to prepare me for my carpal tunnel surgery

At **preadmission clinic** have these tests: Blood tests as ordered. ECG/Chest X-ray if indicated **NB:** X-ray for surgery required to be within 6 months of surgery date

Find a moment to read the important information provided

Arrange for my transport to and from hospital

Decide if I need extra help after my surgery and arrange

10 (ten) days before my surgery (if ordered): Urine test

From 7 (seven) days before my surgery

- no shaving, waxing or hair removal product on operation site
- make sure you know the instructions about what medications to stop and when to stop them

3 (three) days before my surgery

- blood tests (if ordered)
- read the **'Message from your Doctor'** (below) and follow instructions

Message from your Doctor

There are circumstances where it would be a risk to go ahead with surgery.

If you have any of the following:

- a cold or cough or feeling generally unwell
- any sign of a scratch, pimple, rash or insect bite or anything else causing a break or irritation to your skin on the same limb or foot you are having surgery.

No matter how small it is: Please call the **Pre-admission clinic** on **07 3163 7127** today, or at any time from today to before your surgery day, that you notice any skin issues



Insect bites



Scratch



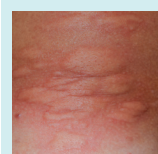
Slight rash



Skin pimple



More complex skin issues



1 (one) day before my surgery

- follow the information in the admission guide
- no smoking, drinking alcohol or eating fatty/greasy foods
- pack my hospital bag
- double check when to stop eating
- double check when to stop drinking

The day of my surgery

- follow instructions for taking medications
- follow instructions for when to stop eating/drinking
- use the surgical sponge (if you have been given one) to shower and then dress into clean clothes