

# My checklist to be ready for surgery

**My checklist to prepare me for my ganglion surgery**

This procedure is generally done using a local anaesthetic. If your doctor has decided you will need a general anaesthetic an appointment will be made for you at the 'Pre-admission Clinic.'

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

**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**

- 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
- check what type of anaesthetic I am having.
  - For **local anaesthetic** – no fasting required and take my normal medications
  - For **General anaesthetic** – check when you need to stop eating and drinking and what medications to take.

**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