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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

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Preparing for Surgery

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Starting now

INFORMATION LEAFLET – Please read the information leaflet regarding your surgery. If you have any questions or concerns, please contact us or remember to address any outstanding questions at the time of your preoperative consultation.

CONSENT FORM – Please read the consent form carefully and bring the signed form with you on the day of your surgery. Please hand the form to the nurse who admits you so that it can be filed in your notes.

STOP SMOKING – Smoking impedes healing. Stop smoking completely a minimum of 2 weeks before your surgery.

MULTIVITAMINS – Start taking multivitamins including Vitamin C to improve your general health and promote healing after your surgery.

ALCOHOL – Limit alcohol intake one week before your operation. No drinking the night before and after the operation. Limit alcohol intake to a maximum of 1 glass of wine daily the first week after surgery.

MEDICATION – Take all your regular medication except for any drugs that interfere with your clotting. Do not take Aspirin, Ibuprofen, Clopidogrel or Warfarin unless our preoperative assessment team told you otherwise.

The day before surgery

CLEANSING – The night before surgery, shower and wash the surgical areas with antiseptic soap.

EATING & DRINKING – Please follow the advice you received from our preoperative assessment team. Do not eat or drink anything six hours before your surgery. This is absolutely essential and includes water, coffee, sweets, chewing gum, cough drops and mints (“nil by mouth”!) Failure to adhere to this advice will result in cancellation of your surgery.

The day of your surgery

ORAL HYGIENE – You should brush your teeth, but do not swallow the water.

CLEANSING – Shower and wash the surgical areas again with antiseptic soap. Taking a shower the night before and on the morning of your surgery will decrease the natural infectious agents that exist on your skin and therefore reduce the chance of getting an infection.

SHAVING – Although not essential it is helpful if you can remove the hair from the areas where the surgery will be carried out before you shower. If you are unsure or if you are concerned about injuring yourself, please do not worry. We will shave the hair once you are under the anesthetic. **IT IS IMPORTANT THAT YOU DO NOT SHAVE ANY HAIR WHEN YOU COME FOR IMPLANT SURGERY** (Shaving prior to any surgery that involves insertion of a prosthesis can cause inflammation of the skin, which could jeopardize the sterility of your surgery).