

Preparing safely for your surgery

Thank you for choosing me to perform your surgery. My aim would be to deliver your desired outcome and for you to have a safe and smooth recovery. In order to achieve this, we have to work as a team and with this in mind your role in your recovery is very important.

There are several factors that we must take into consideration when planning your surgery and in order to maintain your safety. If you have not advised us of any of the following at your initial consultation, then please do make us aware so that we can ensure your safety both at the time of surgery and the forthcoming weeks.

Deep vein thrombosis:

The risk of deep vein thrombosis is increased following any surgical procedure that is carried out under local anaesthetic. Please advise us if any of the following apply to you.

- **Have you had a previous deep vein thrombosis (DVT), pulmonary embolism (PE) or have a blood clotting condition?**
Please do inform us as we may need to prescribe some anticoagulant treatment both prior to and following your surgery.
- **If you are taking any anticoagulants (blood thinning drugs)?**
It may be necessary for your medication to be adjusted or stopped in the build up to your procedure and you may need to seek guidance from your anticoagulant team.
- **If you are taking any hormone replacement therapy or an oestrogen based oral contraceptive pill?**
This should be stopped for one month prior to and post-surgery in order to minimise the risk of DVT. Where appropriate you may need to seek advice from your GP or family planning clinic regarding alternative forms of contraception.
- **If you have recently flown or are planning any flying in the near future**
It is important that you advise us of any travel arrangements that you have both prior to and post-surgery so that we can plan a suitable time for your surgery. It is important that we try and minimise the risks. The general guide is as follows:
 - For flights between 3-4 hours, surgery should be planned for at least 2 weeks post travel and 2 weeks post-surgery.
 - For long haul flying, surgery should be planned for 4 weeks post travel and for a minimum of 6 weeks, but where possible 8 weeks post-surgery.
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Please ensure that when you are flying you wear compression socks, mobilise, exercise your legs and you keep well hydrated as these steps will help to minimise your risks.

Smoking and Vaping:

Smoking can have serious detrimental effects on the healing of wounds as it slows down the healing process and increases the risk of wound infection, wound breakdown and skin necrosis. Depending on the procedure being carried out, you may be advised to stop smoking for anything up to four to six weeks prior to and post-surgery. This applies to all nicotine substances including patches, chewing gum and vapes. You may vape providing there is zero nicotine content.



PLASTIC
SURGERY

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Anti-coagulant treatment:

If you are under the care of your GP or hospital for anti-coagulant treatment, then please do advise us as it may be necessary for your medication dosage to be altered/stop in the lead up to your surgery. It is important for you to make your anti-coagulant responsible physician/team aware of your planned surgery as they will advise you as to how and when to reduce/stop your medication and when to recommence.

Nonsteroidal anti-inflammatory drugs (NSAIDs):

If you are taking any NSAIDs (examples include aspirin, voltarol, ibuprofen, diclofenac) this will thin your blood and increase the risk of bleeding. Please advise us as we may ask that you stop taking this for several days prior to surgery.

Vitamin and mineral supplements:

It is important to refrain from taking any multivitamins, garlic supplements, ginkgo, ginseng and/or evening primrose oil for two weeks prior to surgery as they can increase the risk of bleeding. You may take Arnica to help reduce bruising, starting one week prior to surgery.

If you have any other questions regarding planning for your surgery safely or you feel there is something health related that we should be made aware of then, please do not hesitate to contact us.

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