

Our commitment is to achieve excellence within the guidelines of the National Safety and Quality Health Service Standard. We wish to make your stay as pleasant as possible with our highly trained, friendly and caring staff. This brochure has been prepared to assist patients who are about to be admitted to our facility.

## AMENITIES

- / Lockers are provided for securing personal belongings if required.
- / Light refreshment is available to patients post-operatively in our Recovery Suite.

## PERSONAL BELONGINGS/CLOTHING

- / Do not wear jewellery or bring valuables with you. Bring a case for contact lenses or glasses and wear comfortable, loose fitting clothing.
- / Do not wear high heels.
- / For facial surgery do not wear make-up.
- / For hand surgery please remove nail polish and rings.

## MEDICATIONS

- / All blood thinning medications must be reported to your Surgeon.
- / If fasting, routine medications can be taken with a small amount of water unless otherwise directed.
- / Unless instructed by your Surgeon, **do not** take any **Aspirin** (Paracetamol is OK), drugs containing Aspirin, non steroidal anti-inflammatories (eg Ibuprofen) or blood thinning medications such as fish oil or Glucosamine for at least **one week** prior to surgery.
- / Bring a list of all the medications you are currently taking.

## X-RAYS

- / Please bring your X-rays if current and relevant.

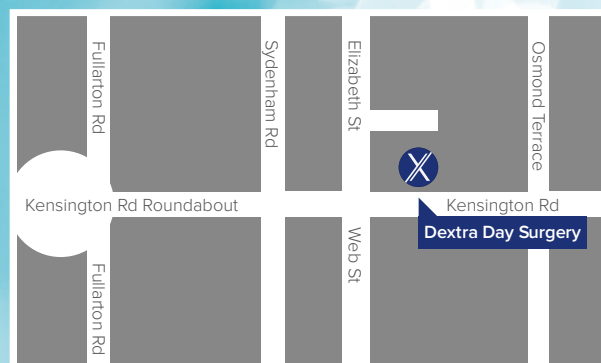
DEXTRA  
DAY SURGERY

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DAY SURGERY

## PATIENT INFORMATION

Welcome to Dextra Day Surgery,  
a facility providing high quality  
surgery in a caring and  
personalised atmosphere.

### DEXTRA SURGICAL NORWOOD



DATE OF OPERATION

TIME OF ARRIVAL

AM / PM

SURGEON

SURGERY

Dextra Day Surgery  
83 Kensington Road Norwood SA 5067

Tel 08 8223 7870 Fax 08 8232 6070

[dextrasurgical.com.au](http://dextrasurgical.com.au)

Dextra Day Surgery is a fully accredited surgical facility owned by and servicing the surgical practice of Mr Markus Nikitins.

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## PATIENT INFORMATION

### ADMISSION FORMS

To assist with your admission please complete the relevant questions on the patient questionnaire and return them to Dextra Day Surgery as soon as possible before the day of your surgery.

### ACCOUNTS

- / Please check your policy with your Health Fund prior to admission.
- / Patients who have an excess or co-payment on their policy are required to pay this on admission.
- / Uninsured patients or those with basic insurance are required to settle their account on admission.
- / Eftpos facilities are available.
- / Visa and Mastercard are accepted.
- / Surgical fees associated with your procedure were explained to you at the time of booking your surgery.
- / You may receive a separate account from the anaesthetist or for pathology services.

**Your feedback is always welcome. Please feel free to contact us, either personally, or in writing. You can remain anonymous by using a feedback form available in our waiting room.**

We offer two types of Anaesthesia:

- 1** Local Anaesthetic administered by your Surgeon
- 2** Intravenous and/or Regional Anaesthesia requiring the services of an Anaesthetist.

### **1** LOCAL ANAESTHETIC ONLY

*(Anaesthetic administered by your Surgeon)*

Please note that you **DO NOT** need to fast. You may take your own normal prescription medications and you will be able to drive unless otherwise instructed by your Surgeon. Blood thinning medications must be reported to your Surgeon, and instructions will be given regarding their cessation.

### **2** INTRAVENOUS AND/OR REGIONAL ANAESTHETIC (Neurolept)

*(Anaesthetic administered by an Anaesthetist)*

**Do not eat or chew gum for six hours before your proposed surgery. 200ml/hour of water is permissible up to TWO HOURS before your surgery.**

Contact will be made with you a few days before the day of your operation stating the time you are to arrive. Your operation should begin approximately 30 minutes after your arrival, but may vary due to the unpredictable nature of surgery and emergency patients.

On the day of your surgery the Anaesthetist will consult with you before your operation and discuss the proposed anaesthetic with you. Your anaesthetic will be a combination of intravenous sedation and local anaesthetic injections.

You will be ready to go home 2-3 hours after your arrival time. You must be accompanied by an adult (over 18 years of age) from the Day Surgery, who should remain with you for the next 24 hours.

If your escort prefers not to wait they will be given an estimated time of your discharge. It is preferable that on the night following your operation you should stay within a one hour journey of the day surgery unless otherwise arranged.

**Failure to follow the instructions will unfortunately result in cancellation of your planned surgery.**

Your Surgeon will see you after surgery. You will be given clear instructions including a telephone number for emergencies and may be given a prescription for medications for the control of any discomfort at home. As there is no pharmacy on site you will need to have this filled by your local chemist. A member of the nursing staff will contact you on the day after your surgery to check on your progress. Sickness certificates are issued on discharge if required. You **MUST NOT** drive or make any personal or financial decisions for at least 24 hours following surgery where you have had anaesthetic administered by an Anaesthetist.

**Please do not hesitate to telephone our staff if you have any questions about your proposed surgery or any post-operative concerns.**

### SMOKING

Do not smoke on the day of your surgery. Smoking is not permitted anywhere within the facility.

### CAR PARKING

Parking is usually available adjacent to the facility. Rear access is available for pick-up and disabled parking.