



Dr Christiana Savvidou

Orthopedic Hand Surgeon

SURGERY PREPARATION GUIDE

This guide will provide you with important information for adequate preparation before surgery.

Please read the below instructions carefully.

In case of any questions for surgery arrangements, please contact us +971 585 4263 77 or at www.drchristianasavvidou.com

BEFORE SURGERY SCHEDULING

Please inform us about the following:

- If you have any Allergy
- If you are Pregnant
- If you take any Medication: especially for Diabetes, Heart Disease, Steroids, Vitamins
- If you have any Artificial Joints or Implants
- If you have any Open wounds on your body

PRE-SURGERY INSTRUCTIONS

- 2 WEEKS BEFORE SURGERY

If you are taking any medications prescribed by a physician, please:

1. Contact your doctor for instructions on whether to stop or continue the medication through surgery
2. Stop all herbal products (fish oils, vitamins)
3. Consult Dr. Christiana's clinic for a pre-surgical appointment.

- 5 DAYS BEFORE SURGERY

Do not take any anti-inflammatory drugs, such as Ibuprofen, Diclofenac, Naproxen.



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- 2 DAYS BEFORE SURGERY

Gently wash the surgery site two times per day, for 5 minutes with normal soap. **Do not scrub.** If you have a cast on skip this step.

- NIGHT BEFORE SURGERY

1. **Do not drink or eat anything after midnight, unless otherwise instructed.**
2. Please clean under your nails, trim your nails, remove all fingernail polish and acrylic nails must be removed.
3. Take a bath or shower and wash your hair.

- DAY OF SURGERY

1. Please arrive at the hospital on time and proceed to the registration desk.
2. Please **bring your ID** (Emirates ID or Passport) **and insurance card.**
3. If you are an adult please do not wear any eye makeup.
4. Remove all jewelry and body piercing.
5. Bring glasses, a contact lenses case, and hearing aids.
6. Wear loose comfortable clothing that will easily fit over a bulky dressing or cast.
7. Take all medications instructed by your doctor and during the pre-surgical check-up with a sip of water.
8. You may brush your teeth, but do not swallow water.
9. If the procedure is performed on your child, you may want to bring a favorite toy or blanket for them, along with a complete change of clothing, a pacifier, and diapers.
10. We will make every effort to provide you with surgical care promptly, however, your surgery may be delayed due to other hospital emergencies.
11. We strive to provide the best surgical care to you and other patients waiting for surgery. Your surgery will be rescheduled if you do not arrive on time.
12. Mask and social distancing is required.



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DURING SURGERY

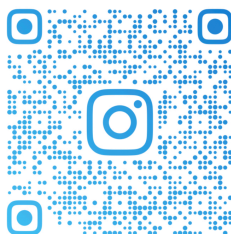
While you are in surgery our highly qualified and experienced staff will provide the finest care possible ensuring your comfort and well-being. Your family may remain in your room or the surgery waiting area during your surgery and will be informed of your condition. Parents of children are required to remain in the hospital during surgery.

AFTER SURGERY

- Please **Do not remove or change your dressing** after surgery
- Please **Do not remove your cast or splint** after surgery
- Please **Do not get your dressing, splint, or cast wet** after surgery
- Please **Do not get your stitches wet.**
- You will need to keep the surgical site clean, dry, and covered during bathing to prevent the area from getting wet.
- After the surgery you will be given specific postoperative instructions from Dr. Christiana. Please read them thoroughly.

GENERAL SURGERY AND TREATMENT INSTRUCTIONS

- Please read the above instructions carefully. In case of any questions for surgery arrangements, please contact us at +971 585 4263 77 or www.drchristianasavvidou.com
- If you need to reschedule or cancel your surgery, please inform us immediately to be able to provide the best surgical care to you and other patients waiting for scheduling.
- On the day of surgery you will meet hospital staff and many questions will be repeated as personnel familiarizes themselves with you. Please do not be alarmed.



DRCHRISTIANASAVVIDOU