

PRE OPERATIONAL RECOMMENDATIONS

- ❑ Blood Type
- ❑ Morphology
- ❑ Blood glucose level
- ❑ Blood clotting time (APTT)
- ❑ Thyroid hormones level (TSH)
- ❑ Breast ultrasonography (for breast surgeries only)
- ❑ Anty HCV
- ❑ Antygen HBS Ag
- ❑ EKG: men over the age of 55; women over the age of 60

All blood results must be up to date (performed max. 2 weeks before the surgery)

Two weeks before the surgery :

1. Patient must take Rutinoscorbin (Vitamin C and Rutin - also called: rutoside) for 7 days before the operation: 3 tablets 2 times a day.
2. It's forbidden to take aspirin for 2 weeks before the surgery.
3. Patient must avoid taking any preparation containing salicylic acid
4. It's also forbidden to take Vitamin E and consume garlic (they thin the blood) for 2 weeks before the surgery.
5. In the day of the surgery women cannot have period, they should exclude also 2 days before and after the period.
6. It is forbidden to consume an alcohol for one week before the surgery
7. In the day of surgery you shouldn't be ill or have a cold
8. In the day of surgery you should fast
9. ATTENTION!!! You should remove the artificial nails; clear polish is acceptable.