

Dr Arjuna Ananda

MBBS FRACS

EAR NOSE & THROAT SURGEON

ABN: 64105357168

ADULT PRE-OPERATIVE INSTRUCTIONS

Ensure that you complete your admission forms online using the links below. Please submit these at least 1 week prior to surgery.

The nurse will give you a copy of the consent form at the time of your visit or this will be emailed to you. Please take this with you on the day of surgery.

Campbelltown Private: <http://www.campbelltownprivatehospital.com.au/patients/eadmissions-registratio>

Macquarie University Hospital: <https://muh.eadmissions.org.au>

Strathfield Private: https://mycare.ramsayhealth.com.au/#/?facility=SPH&form=GENERAL_ADMISSION

Sydney Day Surgery: www.preadmit.com.au/patient/sds

The hospital will contact you **the day before** the surgery to advise of arrival time and fasting instructions.

CT Scans/X-Rays: Please bring all relevant CT scans or x-rays with you to hospital on the day of your procedure. Failure to do so may result in cancellation of your surgery.

Please stop smoking at least 3 weeks before surgery and continue this for 6 weeks after. Smoking increases the risk of surgical and anesthetic complications. It also slows down post-operative healing.

If you are sick prior to the surgery please contact the rooms.

Surgeon Fees must be settled at least 1 week prior to surgery – no direct deposit available.

Medications:

Herbal medications / Supplements: Must be stopped 7-14 days prior to surgery.

Blood thinning medications / Anticoagulants & Anti-inflammatory drugs: Must be stopped 7-14 days prior to surgery. If you are on blood thinning medications, other arrangements may need to be made. If you have a stent or artificial heart valve in your heart then please contact your cardiologist about the management of these blood thinning medications before surgery. They may ask you to take another form of blood thinning medication.

Diabetic medication: If you are on insulin, discuss how to alter your dose with your **anaesthetist**.

Please let the doctor know if have **any other medical conditions** or see any other specialists.

If you are over 50 you are required to have a blood test and ECG within the month leading up to surgery.

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Head of Department, ENT Surgery RPAH
Concord Repatriation Hospital
Macquarie University Hospital
Strathfield Private Hospital
Sydney Day Surgery
Chris O'Brien Lifehouse

Sub-speciality interests:

Sinus surgery
Skull base surgery
Sleep apnoea
Rhinoplasty

