



Information for surgery in local anesthesia with sedation

Your surgery will be done in local anesthesia technique and sedation. This means you will be given a tranquiliser through an intravenous line that will make you drowsy throughout the surgery.

This means that you may not eat after midnight the night before your surgery. You may drink a small amount of water, coffee or tea (**without milk**) until two hours before your scheduled time at Arcademy for surgery.

Do not smoke or use snuff ("snus" soft moist tobacco) after midnight the night before surgery. Nicotine patches are ok to use.

Cuts

It is important that there are no cuts or scrapes on the skin in the area to be operated. If you are having foot surgery, refrain from shaving your legs as this may cause small cuts.

Medication

Refrain from medication containing acetylsalicylic acid as Aspirin, Treo or Magnecyl. Including Omega -3 one week from surgery.

Inform your doctor if you are on anti-coagulant medication or any other medication.

Instructions before surgery

Shower with Descutan/Hibiscrub® the night before and the morning of the surgery. Wash the entire body as instructed on the package. This is an antibacterial soap that you can buy at the pharmacy, you don't need a prescription.

Remove any nail polish.

The day of surgery

Come to the clinic on scheduled time of your surgery. Leave jewellery and other valuables at home, the clinic will not be responsible for them.