



Pre-Operation Instructions

If you are planning **weight loss**, it is preferable to wait until you have reached your target weight as agreed in consultation prior to any surgery. This will not only improve the cosmetic result but reduce the possibility of complications. If your BMI is over 30 then you have a significantly higher risk of complications from chest infection through to wound healing problems and bleeding.

Smokers must give up at least four weeks before the operation, however, the longer you give up beforehand, the better. Nicotine reduces the amount of oxygen in the blood and can significantly increase the risk of healing problems after your operation. As it is the nicotine and not the smoke that causes problems, this **applies to nicotine replacement therapies** such as chewing gum, e-cigarettes and patches. This will be fully discussed at your initial consultation.

Lipoedema patients tend to bleed and drop their haemoglobin levels more than other types of patients. This is partly due to varicose veins, B12 and iron deficiency and leaky blood vessels (which is why lipoedema patients bruise easily). The higher the volume of fat I take, the higher the risk of dropping the haemoglobin. Therefore, lipoedema patients are prescribed iron tablets (330mg of ferrous gluconate three times a day) for 4 weeks before and after surgery to build up and replenish iron stores.

For certain operations you will be advised to purchase a **compression garment** prior to surgery. If required, I can advise you as to which garments to choose in clinic and provide you with online catalogues. I would recommend that you purchase two garments, as you will want one to wash and one to wear.

Certain medications should be stopped prior to surgery as they can cause blood clots or excessive bleeding. These include:

- **Aspirin / Clopidogrel** – please stop two weeks prior to surgery as they can cause excessive bleeding and haematoma formation.
- **Warfarin** – this should be stopped 4-5 days before surgery depending on your INR and the indications for the Warfarin. We will start a blood thinning injection to protect you whilst the Warfarin has been discontinued.
- **Tamoxifen** – please stop four weeks before surgery as Tamoxifen can cause blood clots. This is particularly important if you are having a free flap breast reconstruction (for example a DIEP Flap).

Prior to surgery, you will be invited to attend the hospital for a **pre-operative assessment** with a nurse. Depending on your age and general health, routine blood tests, MRSA swabs and a heart tracing (ECG) may be taken. You will also have an opportunity to ask any questions you may have or raise any concerns. If you are unsure whether you wish to proceed with a procedure than it is strongly advised not to proceed with surgery.

Admission to hospital will be on the day of your operation. If you are having a general anaesthetic, you will be asked not to eat anything 6 hours before surgery. Black tea/coffee or non-fizzy drinks (nothing containing milk) can be taken up to 4 hours before surgery. Chewing gum should also be avoided for 6 hours before your operation. Sometimes delays do occur, however, you will be cared for whilst waiting under the direction of the anaesthetist and the nursing team.



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I will come and see you with the anaesthetist before you go to the operating room. We will go over the operation again and remind you of any risks or complications. If you have any questions or concerns there will always be sufficient time made to answer them.

At any time if you are unsure about anything concerning surgery, then please do not hesitate to contact us.



I hope you find this information useful. If you have any questions or require a little more information then please do not hesitate to **contact me**.



Anne Dancey

Plastic and Reconstructive Surgeon