Your Pre-Surgery Checklist

Work through this list from the day you book. Your surgical information pack has the details for your own operation; if anything here differs, follow the instructions you have been given.

As soon as you book

- ☐ Stop all nicotine: smoking, vaping, patches and gum. Nicotine-free for 8 weeks before and after body contouring, and 6 weeks for other operations
- ☐ Tell Dr Kumar's team if you take weight-loss injections (GLP-1 medicines); you will be told whether and when to pause them
- ☐ Call your health fund with the item numbers on your quote to confirm your cover and excess
- ☐ Arrange time off work: about two weeks for desk-based work after body contouring, longer for physical roles
- ☐ Arrange an adult support person to collect you from hospital and stay with you

4 weeks before

- ☐ Stop herbal remedies and supplements, including fish oil, vitamin E, turmeric, ginkgo and ginseng
- ☐ Complete any blood tests or other investigations you have been asked to have
- ☐ Measure for your compression garment if you have been asked to measure yourself
- ☐ Plan your recovery at home: see the recovery-at-home setup list

2 weeks before

- ☐ Complete the hospital's online admission form (Westmead Private Hospital or Somerset Private Hospital). You will need your Medicare card, health fund details and the item numbers from your quote
- ☐ Pay the balance of your account, which is due one month before surgery
- ☐ Stop anti-inflammatory medicines such as ibuprofen, unless told otherwise

10 days before

- ☐ Stop antiplatelet medicines, such as aspirin or clopidogrel, if Dr Kumar has asked you to

5 days before

- ☐ Stop blood thinners such as apixaban, if Dr Kumar has asked you to and your prescribing doctor agrees

1 week before

- ☐ Fill any prescriptions you have been given
- ☐ Tell Dr Kumar's team if you develop a cold, infection, rash or wound near the surgical area
- ☐ Confirm transport to and from hospital, and who will stay with you

The day before

- ☐ The hospital will call you with your admission time and fasting instructions
- ☐ Shower and wash your hair; do not shave the surgical area
- ☐ Remove nail polish and false nails; leave jewellery at home

On the day

- ☐ Follow the fasting instructions exactly
- ☐ Take only the medicines you have been told to take, with a sip of water
- ☐ Bring: Medicare and health fund cards, your medicines in their packets, any results or letters, your compression garment, loose front-opening clothes and flat shoes
- ☐ No make-up, moisturiser or fake tan

Medicines. Never stop a prescribed blood thinner or other important medicine without checking with Dr Kumar's team and the doctor who prescribed it. The medicines guide on drkumar.com.au explains which medicines to stop and why.

> Dr Kumar's nurses (for Dr Kumar's patients): 0477 775 404 · Practice: 1300 267 726

