



Dr Tienie van Rooyen

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NB: PLEASE STOP TAKING ANY NATURAL MEDICATIONS AND OR SUPPLEMENTS (HOMEOPATHIC) + OMEGA 3,6 & 9 TWO WEEKS PRIOR TO YOUR PROCEDURE. BLOOD THINNING MEDICATIONS SHOULD BE STOPPED ONE WEEK BEFORE THE OPERATION. NOTIFY YOUR ANESTHETIST.

General information regarding your operation

Authorization:

- Please make sure that you have obtained authorization for the specific operation codes provided.
- If you wait too long to get the authorization for the procedure and there are 6 days or less prior to the operation, there will not be enough time to write a motivation and the procedure will be postponed. No admissions will be done without prior approval.

Preparing for your operation:

- The day before: If applicable to you – Please remember to pay the co-payment.
- If you are operated in the morning, you are not allowed to eat or drink anything from 12 pm the previous night
- If you are operated in the afternoon, after 13:00 you can still have a light breakfast/light meal, but not later than 6am.
- You will be notified a week before your operation of the admission and theatre time.
- Please make sure that you have loose comfortable clothing to wear after theatre, not tights or skinny jeans (any breast, abdomen or lipo procedure). It will be uncomfortable and painful to pull up any tight clothing.

In the ward:

- The anesthetist will come and see you in the ward and you will be given a tablet/suppository to minimize the pain after theatre.

In the theatre:

- I will see you before theatre to make sure I have the right measurements.
- A drip will be inserted through which the antibiotics, anesthesia and other medications will be given.
- The drip will stay up until you can take fluids orally after the operation.
- ECG stickers as well as a blood pressure cuff will be applied; this is for safe monitoring while you are under anesthesia.
- Depending on the type of surgery you may wake up with drainage tubes.
- When drainage tubes are inserted, the hospital/day clinic personnel will show you how to take measurements and take the reading. **(DO NOT LEAVE WITHOUT THEM EXPLAINING THIS TO YOU OR A FAMILY MEMBER)**
- Drainage should be measured and emptied every **12 hours (8PM to 8AM)** you can phone the rooms every morning to provide them with the measurements (Please measure every drain separately). The staff member will then inform you of an appropriate time to come in and have the drainage tubes removed.
- Patients who have not yet removed their drainage tubes by Friday will receive an SMS from a cellphone number. On Saturday you can send an SMS at 8AM with the separate measurements of each drain, after which you will receive a response as to what time doctor will receive you at the consultation rooms in order to remove your drainage tubes.

After theatre:

- You will go back to the ward where you were admitted. In case of high care, you will go to high care where all of your belongings will be.
- If you have pain or if you are nauseous please inform the nursing staff.
- I will see you in the ward after my scheduled surgeries have been completed.
- If you are well enough and had something to drink and went to the bathroom you will be discharged.
- If you do sleep over I will see you the next morning before or after my scheduled surgeries, depending on your hospital stay. Sometimes I do get very busy. Please note that I will never forget about a patient and that patience should be practiced.

Your wounds:

- There will be plasters on the wounds and over the drainage tubes. These will only be removed when the tubes are taken out.
- If you don't have drainage tubes you may remove the plasters after **48hours** or as instructed by Dr van Rooyen/his personnel.

- The plasters **may not get wet** when you still have the drainage tubes intact. Please be careful when bathing, as you might pull out the tubes.
- In the case of breast surgery: It is important that you wear a comfortable post-operative bra (which can be purchased from our practice) after surgery for six weeks. You have to sleep with the bra for 2 weeks and wear it during the day for 6 weeks. We have stock at the rooms or you can buy a sports bra as an alternative.
- For **three** months after the operation you are not allowed to wear a bra with under wire.
- In the case of abdominal surgery it is important that you wear the abdominal corset that is given to you. You should sleep with the corset for 1 week. You can remove it during the day for short periods if you're too uncomfortable. The corset should be worn for 1 month. You may experience more swelling and pain if you don't wear the corset.
- You need to make the following follow-up appointments:
 - Removal of drainage
 - 1 week post-operative for stitches
 - 6 weeks post-operative
 - 3 months post-operative.
- It is imperative that you see Dr van Rooyen for all your follow-up appointments.
- Please confirm the resting period required before you are allowed to drive or exercise. This may differ from the type of surgery you are having. The general rule for driving is 10 days.
- For any facial surgery special instructions will be given to you as to how to clean the wounds and when to remove the plasters.

Discharge/medication/sick leave:

- Depending on the procedure you will be discharged the same day or as discussed with you during consultation.
- You will receive a script for medication to take home.
- Please organize with your work that you will be on sick leave depending on the type of surgery.

At home:

- Please take it calmly for the first few days
- If anything worries you, please contact the rooms.
- It is completely normal for the one breast to be a bit more swollen than the other.
- It is normal to experience fleet, sharp shooting type of pain for up to six weeks after the operation.
- It is completely normal to either have loss of sensation or be over sensitive around your nipples for up to nine months after the operation.
- You might feel little bumps when pressing/rubbing over the scar, this is the inside stitches and will dissolve over time.

- Please do phone immediately when one breast is suddenly substantially larger than the other, you experience a lot of pain and/or the breast is hot and/or red around the wounds or breast.

The following are well described complications that can occur during your operation:

- Seromas
- Sepsis
- Hematomas or bleeding
- Anesthetic complications

Although I do my best to prevent these complications, they are all still a possibility. I will, however, handle such complications appropriately and immediately.

You will be asked to sign consent for all operations. This is necessary due to possible complications or difficult surgeries. Please note this is the exception rather than the rule.

PLEASE DO NOT HESITATE TO CONTACT THE CONSULTATION ROOMS IF YOU ARE UNSUR ABOUT ANYTHING.

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