

General Per Operative Advice



Do not eat or drink anything including water from 12 midnight on the day prior to your surgery. In addition, do not chew gum. An early (6am) breakfast is sometimes permitted if your procedure is to take place in the afternoon. We will advise you of this in advance.

Stop taking all non-steroidal anti-inflammatory medications (NSAIDs), especially aspirin 7 days before your surgery. If you have recently commenced aspirin or a blood thinner such as a Warfarin or a NOAC (predaxa or Xarelto) you should consult the prescribing doctor before cessation to determine how best to manage it during the period around your surgery.

HRT or the Oral Contraceptive Pill (OCP) should be stopped 6 weeks before your surgery.

Shower the evening before or the morning of surgery with medicated soap. Focus on the affected limb but do not rub so hard as to cause redness or scratches.

Do not apply deodorant the morning of your surgery.

It is not permitted for you to leave hospital unaccompanied after surgery. Someone must pick you up post operatively.

If you have any signs of chest or respiratory tract infection (cough/cold, fever), a dental infection or if the affected limb has swelling, redness or a recent open wound please let us know in advance to ensure we do not have to cancel your surgery.

You will receive instruction from the hospitals themselves and from my office to instruct you with more details to the above. In addition, admission times and where to go will be advised. Please be on time to ensure we are able to complete your operation at the allotted time.

For further information please consult our website www.dmorthopaedics.ie. You can also call us during office hours on 089-4004995 or email us on info@dmorthopaedics.ie.

