

Information for patients before surgery *with the involvement of an anaesthesiologist*

Before the operation

- Stop taking blood thinners one week before surgery, in consultation with the doctor responsible for the treatment.
- In the morning of the day of the operation, take your medicines, with the exception of blood thinners and other medicines that your surgeon may have specified.
- You must have refrained from eating or drinking anything for at least 6 hours before the operation. You may drink 1 glass of clear liquid 2 hours before your arrival. Clear liquids include water, coffee (without milk), and pure fruit juice. You may also take a few sips of water with the necessary medicines one hour before the procedure.
- You may not smoke, or use chewing gum or chewing tobacco at least two hours before the operation.
- In case of hand surgery, rings should be removed from the hand to be operated on 2 days before the operation. Remove nail polish and all jewelry, and shower in the morning of the operation day.
- Do not apply oils or creams to your body and do not use perfumes. It's best to wear comfortable clothing that's easy to take off and put on.
- Have your phone with you before the procedure because you may receive a call to let you know that the procedure will be earlier or later than scheduled. Photography is not allowed. The phone is turned off during the operation. Calls are not allowed in the post-surgery room except for calls asking to be picked up.
- When you arrive at Orkuhúsið's surgery wing, you will see a surgeon and an anaesthetist before the operation.

After the operation

- After the operation, you will recover in the post-surgery room. Once you have recovered sufficiently, your surgeon will talk to you and you will be allowed to go home.
- There will usually be some discomfort in the operation area during the first few days or weeks. In some cases it is enough to take pain medicine such as Panodil and anti-inflammatory agents such as Ibufen. These drugs can be bought without a prescription. In other instances, the surgeon will prescribe drugs in an interview before the operation or when the patient is discharged.
- Due to the anaesthetics, you may **not drive** for 24 hours after surgery.
- You can shower, but the bandages must be protected with a plastic bag.
- Contact your surgeon if you have unexpected hand problems, such as severe pain, severe bleeding or increased body temperature.