

## HOW SHOULD WE PREPARE FOR AN OPERATION?

1. First, we should make sure we are on an **empty stomach**. You must not eat either solid food or drink liquids (this includes water too) at all within the **8 hours** before the operation.
2. Patients must not be wearing either make up nor have nail varnish on before entering the operating room.
3. Before the operation, you must remove all rings, bracelets, earrings and all other types of jewellery, (including studs, rings and other types of body adornments jewellery from the body).
4. Please bring your own wash kit with you when coming to be admitted in the clinic.
5. Please remove all prostheses than can be taken out, such as: false teeth, dental shields etc. Which must be removed before going to be operated on.

**(UNLESS YOUR DOCTOR HAS TOLD YOU OTHERWISE)**