



Dr R E Pope

Beneficence and Nonmaleficence
Neurosurgeon and Spine Surgeon

General Preoperative Guidelines

General preoperative information:

1. Medical Assessment

Anaesthetic review prior to the surgery is recommended for patients who may have known or suspected medical concerns. This is to optimize the patient's operative safety. It is wise to arrange for a review by an anaesthetist or a physician at the hospital where the surgery will take place, but well ahead of the surgery date. Any investigations or recommendations to see other services can be arranged to ensure your safety. This provides for specialized care in the post-operative period, helping reduce the risk of complications.

You will need to print and complete the **Patient Registration Form** and bring it with you when you have your appointment with Dr Pope. [Click here to access the form.](#)

2. Medications

Some medications have a major impact on surgery and the early post-operative period. Amongst the most important are medications that reduce clotting ("thin the blood") and these may need to be stopped well before surgery because of possible bleeding problems. This group includes Aspirin, warfarin, clopidogrel (Plavix, Iscover), ticlopidine, and all of the anti-inflammatory agents (Voltaren, Neurofen, Indomethicin etc). However, do not stop taking any medicines before discussing them with your surgeon.

3. Allergies

Always tell your anaesthetist and surgeon about any allergies to **drugs//intravenous dyes/foods/latex** so as to avoid potentially serious problems.

4. Admission to Hospital

Once a date for surgery has been decided, bookings will be made with the appropriate hospital. In most cases, admission to hospital is on the morning of the day of surgery. Nursing staff will supervise preparations for surgery on the ward and the anaesthetist will make a visit shortly before the time of surgery.

Preparing for surgery:

Preparations for surgery depend on the procedure recommended. Dr Pope will discuss with you how to prepare for your surgery. However, if you are undergoing **general anesthesia**, you may be asked to:

- Stop drinking and eating before the time of surgery (usually from midnight the night before surgery)
- If you are having a fusion operation, you **MUST** stop smoking for 6 weeks prior to surgery.
- Bathe or clean and possibly shave the area to be operated on.

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- Undergo various blood tests, x-rays, electrocardiograms, or other procedures necessary for surgery
- Not to wear makeup the day of surgery, nail polish, or contact lenses.
- Leave valuables and jewelry at home

For your comfort, patients are advised to bring the following:

- Comfortable, loose clothing
- Insurance information
- Medicare card