Hope you get well soon

I would like to remind you some important points about our surgery.

1. One week prior to surgery, pain killers such as Aspirin, Arvales, Majezik, Cataflam, Apronax and cold medication should not be taken. In cases you need to use pain killers, please give me a call.
2. Prior to surgery, all kinds of herbal tea, cigarettes, garlic, greens, rocket, fish oil, coffee exceeding more than one cup and all other supplementary goods used for other phytotherapy.
3. When going to the hospital for surgery, you need to have eaten solid food 8 hours prior to surgery and drank water 4 hours prior to surgery. Your make-up and nail polish should be removed and you need to remove all metal and similar accessories, including piercings as well. For our male patients, they are advised to shave their face (beard and moustache).
4. One day before the surgery, you should try to drink at least 2 liters of water.
5. As your anesthesia doctor, you need to meet me and inform me about your health history. You need to tell me the medications you have used in detail. I will inform you about how to take your regular medication.
6. If upper respiratory tract infections and unexpected conditions such as diarrhea occur, please inform me beforehand.
7. The tests done about the surgery will be devaluated by me and I will inform you about their results.
8. On the morning of the surgery, you need to come to the hospital 75 minutes before the surgery hour to the admissions department. I request you to send me your room number as a text message. If you are supposed to be at the hospital before 8.00 in the morning, you can use the emergency unit entrance and go through your admissions process at the emergency unit counter and if you are supposed to be there after 8.00 in the morning, then you consult the personnel at the hospital lobby and can be directed to the admissions counter.
9. When you are being taken to surgery, I will be injecting you a medication called the shot of courage, which will relax you, decrease your level of remembrance and prevent increase in blood pressure and heart beat due to stress.
10. 45 minutes to your surgery, I will be at the hospital, visit you and make an evaluation.
11. After you are taken to surgery, you will sleep and will not feel anything under general anesthesia until the end of surgery. When you are waking up, you will hear my voice and will be able to answer me right away.
12. Since the hospital and surgery environments are cool in order to be able to control infections, you are advised not to be cold while the necessary arrangements are being done for your surgery after your admission and until you are taken to surgery from your room. You are advised to remain under your blanket. The heating methods will be applied by me during and after surgery. This is important for our safe and comfortable anesthesia method.
13. After surgery, we do not expect you to have pain. However, there is a measurement system we use to determine your pain level. This system allows us to speak the same language in medical terms and the values between 0-10 determine your pain level. Pain below 4 are expected, and acceptable, low level pain. Pain determined to be level 4 and higher require the need to use pain-killers. Pain between 5-6 is considered medium, between 7-8 is considered intense and between 9-10 is very intense. After your surgery, the pain level we expect is below 4. Our pain reduction protocol during and after your surgery will be followed-up by me for 24 hours. If your pain level is 4 and over, you can call one of the nurses with the nurse call button and let them know about your situation. The nurses will then call me and receive the required treatment plan from me. In addition, the ice or cold press which will be applied to your nose will reduce bruises and oedema. You need to continue applying these cold presses for 25 minutes and then give a break until the day you are discharged from the hospital. When the cold balloons you apply get warm, ask for your nurse to bring a new one. You will be evaluated and your warming, oxidation, blood pressure, heart rate and pain values will be regulated by me. You will be able to leave your room in a short time.
14. Two hours after surgery, you will be able to drink water. Three hours later, you can have liquid food. If you feel no discomfort while consuming liquid food, then you can have all types of food 5 hours later.
15. You may experience nausea-vomiting, low blood pressure due to the side-effects of certain medication. If you have to stand up before I am there, since nausea, sweating and palpitation which may occur due to low blood pressure, I would like you to have only water and no food and not to get up from your bed without a nurse.
16. After we walk together and see that there is no problem, I would like you to sit down and walk frequently afterwards. If you experience any nausea and dizziness, you need to go back to bed. It is advised for you to have a relative or a health personnel with you at all times when you walk.
17. I will be with you 3-4 hours after surgery to help you walk. Until that time, I would like you to regularly do the in bed movements and simple respiratory exercises to avoid some complications after surgery.
18. You will be given additional pain killers and sleep medicine before going to bed for you to have a peaceful sleep. Please do not forget that, we will be by your side during a good, safe and comfortable experience. I wish you healthy days.
19. I would like to advise you to regularly take your prescribed medicine at home.
20. If you have any questions or problems, please do not hesitate to reach me: 0532 697 71 96.

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Anesthesiology and Reanimation Specialist

Anesthesia Information From