

Preoperative [care](#) refers to the care and [preparation](#) given to a patient before undergoing surgery or a [medical procedure](#). The goal of preoperative care is to ensure that the [patient](#) is healthy enough to undergo the [procedure](#) and that they are mentally and physically prepared for the experience. Here are some aspects of preoperative care:

Medical Evaluation

Medications: The patient's medication regimen is reviewed, and changes may be made as needed to ensure that the patient is ready for surgery.

Fasting: Patients are usually asked to fast for a specific period before surgery. This is to ensure that the stomach is empty and reduce the risk of aspiration during surgery.

Informed Consent: The patient must provide informed consent for the procedure, which involves an explanation of the [risks](#), [benefits](#), and potential [complications](#).

Preoperative Instructions: Patients are given specific instructions about what to do before the procedure, including when to stop eating and drinking, what to wear, and what to bring with them.

Psychological Preparation: Patients may be anxious or nervous before surgery, and preoperative care may include counseling or relaxation techniques to help them feel more comfortable.

Preparation for Recovery: The patient may be given instructions on what to expect during recovery, including pain management, physical therapy, and restrictions on activity.

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