

Preoperative [instructions](#) are guidelines provided by healthcare professionals to patients prior to a surgical procedure. These instructions are designed to help patients prepare for their surgery and reduce the risk of complications during and after the procedure.

Some common preoperative instructions include:

Fasting: Depending on the type of surgery and anesthesia used, patients may be required to fast for a certain period of time before the surgery. This is to reduce the risk of aspiration (inhaling stomach contents into the lungs) during the procedure.

Medications: Patients may need to stop taking certain medications or supplements before the surgery, as they can increase the risk of bleeding or interfere with anesthesia. Patients should always consult with their healthcare provider before stopping or changing any medications.

Smoking and alcohol: Patients may be advised to stop smoking and drinking alcohol before the surgery, as they can slow down the healing process and increase the risk of complications.

Dressing: Patients should wear loose, comfortable clothing and avoid wearing any jewelry or makeup to the hospital or surgery center.

Transportation: Patients should arrange for someone to drive them to and from the hospital or surgery center, as they may not be able to drive themselves after the procedure.

Follow-up appointments: Patients will usually be given [instructions](#) for [postoperative care](#) and [follow-up appointments](#).

It is important for patients to follow all preoperative instructions provided by their healthcare provider to ensure a safe and successful surgical procedure.

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