

Head anesthesiologist: MUDr. Roman Baláž

Recommendations before anaesthesia

Dear Patient,

Thank you for choosing to undergo surgery at our facility. The surgery and general anesthesia will be performed by experienced specialists.

We ask you to comply with the following conditions:

1. Notify your doctor in advance of any past health problems, medications taken, allergies, recent contact with an infectious disease. In addition, point out any neurological diseases and congenital developmental defects! In case of more serious illnesses, bring copies of medical reports. In any case, bring the complete results of the pre-operative examination from the general practitioner (no older than seven days) to the surgery.
2. On the day before the surgery, eat only easily digestible food. **From midnight the night before surgery, you must be fasting** (no milk, juice, cocoa, soup). You can drink liquids (water, tea, mineral water) no later than 6 hours before the operation. At the same time, take your last medication at this time at the latest. Even chewing gum is not allowed once you arrive at the medical facility. By fasting, you will eliminate complications such as vomiting and subsequent possible inhalation of stomach contents.
3. Please **arrange for an escort to pick you up after surgery and be with you for the following 24 hours.**

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Recommendation after general anesthesia

Dear patient,

today is your first day post operation in general anaesthesia. Please read below the following information on how to behave in order to avoid any unnecessary complications during your recovery.

- **You have to be in the presence of another adult for 24 hours after the operation** (even during night).
- **You can't drive any vehicle** in the next 24 hours.
- Upon arrival home you are allowed to drink non-alcoholic beverages. In the case that you begin to feel sick, we recommend drinking cold beverages.
- We recommend spending your first day back home resting in bed, getting up only to use the toilet, preferably accompanied.
- **Avoid making any serious decisions and taking any legal actions** for today. Your judgement can be distorted by the remaining anaesthesia in your system.
- After hours you can eat light food (porridge etc.).
- Medical drugs according to the doctor's instructions.....
- **Post-operative check-up** is settled according to the recommendation of the attending ENT doctor.
- Tomorrow you can return to your usual regime and diet if this isn't impeded by the surgical procedure.
- In case of serious complications (strong bleeding, loss of consciousness, shortness of breath, apathy), **call immediately +420 607 062 322** and after consultation with the nurse or surgeon, also the ambulance (tel. 155) to secure transportation to hospital (you cannot use your own car!). FortMedica's cooperating inpatient wards are: **ENT dept. of Všeobecná fakultní nemocnice v Praze** (pavillion A7, **U Nemocnice 2, 128 08 Praha 2**) and **ENT dept. of Thomayerova nemocnice** (pavilion A3, **Vídeňská 800, 140 00 Praha 4**). or, depending on the situation, to the nearest inpatient ENT department.
- In other cases, you can consult or visit the emergency service in the area of your residence. You can contact our clinic during the working hours **Monday-Thursday 07:00-17:00** and **Friday 07:00-12:00** on **+420 725 828 068**.
- **Outside of office hours**, the **emergency service phone number +420 607 062 322** is available for consultation. This number should not be shared with other persons, it is used exclusively for post-operative consultations, and only outside of office hours!
- Out-of-Prague patients are strongly advised to arrange accommodation in Prague or its vicinity for 24 hours after surgery, with a travel time of about 30 minutes to the centre of Prague (see above hospital addresses).

Date: _____

Patient's name and surname: _____ Date of birth: _____

Signature _____