

## Information prior to surgery

You are welcome for surgery at Capio ENT, Drottninggatan 99 A CFTK, Stockholm.

Please visit our website:

<https://capio.se/specialistvard/oron-nasa-hals>

## Carefully read through this information before surgery

### Food and drink

You must avoid eating and drinking before surgery, to avoid stomach content entering your airways during anesthesia.

- You can eat until 6 hours before surgery, after that nothing.
- You can drink water and clear drinks until 2 hours before surgery. **No milk, no fruit juice with pulps, no carbonated water, or sodas.**
- Avoid all tobacco products and chewing gum 2 hours before surgery

### Preparations at home

- If you are taking any medication regularly, you should previously have been advised by your treating doctor which medication you should/should not take the day of surgery.
- If you use inhalators, please use them daily 2 weeks before surgery and bring them with you.
- Non-prescription medications containing aspirin (TREO, aspirin) and anti-inflammatory drugs (Diklofenak, Voltaren and Ibuprofen) increase the risk of bleeding during surgery. Refrain from using them at least one week before surgery. If needed use Paracetamol (Alvedon).
- Any earrings, piercings, make up and nail polish should be removed at home before surgery.

## The day of surgery

- You must be healthy, have no signs of infection such as a cold, fever, sore throat, diarrhea. If so, call [08-120 544 72](tel:08-120-544-72) to reschedule your surgery. You must be symptom free two days prior to surgery.
- There will be many patients that undergo surgery the same day, therefore delays can occur. Bring something to read.
- Leave valuables and jewelries at home. You get access to a locker where you can lock up clothes and bags.
- We recommend that you have someone to pick you up after your operation. You will not be able to drive, and we do not recommend that you travel home by public transportation.
- Your scheduled time for surgery might be changed. If so, you will receive a text message the day before.

## Any questions regarding your surgery

**Call: [08-120 544 72](tel:08-120-544-72)**

Mon and Thu 14:00–16:00

Tues and Thu 07:00–09:00, 14:00–16:00

Friday 07:00–09:00

If absent, you will be charged 400 SEK.

**Welcome!**