

Pre-operative Information

Medical and Health Issues

General Health - If you have any past cardiac history or a new history of chest pain or shortness of breath when you exercise, Dr Klar suggests you see a cardiologist before your operation. This approach will maximise your safety from your heart's perspective during and after your operation. Dr. Klar will provide a referral for review by either your usual cardiologist or Dr Chris Hii (ph. 6253 0177) if required. You should ask the cardiologist for written permission to have an anaesthetic. The anaesthetist usually greatly appreciates a recent cardiology review if you have had heart troubles in the past or you have new symptoms that have not been investigated previously. Please bring with you into hospital the cardiology report and any cardiology investigations you may have had done. Eating a healthy diet for the 4 weeks prior to surgery is important. A diet high in protein builds your bodies reserves prior to the operation and has been shown to help in your recovery. Ceasing all alcohol intake for a week prior to surgery is very much our suggestion. Losing weight and getting aerobically as fit as possible prior to your surgery is also highly beneficial.

Blood Clots – Orthopaedic surgery of the lower limb carries a considerable risk of causing leg clots called deep vein thrombosis (DVT) of the lower limbs or lung clots called pulmonary emboli post-operatively. Some studies report this risk to be around 1 in 200 after some orthopaedic procedures. Some patients such as those on the pill, those with varicose veins, those with a history of lower limb or lung clots, smokers and those patients who have a family history of clots have an even higher risk. Please let Dr Klar know if you have a history, a positive family history, you some or are on the pill as Dr Klar will recommend in that case you should take Xarelto after the operation for a period to lessen the clot risk. If after your surgery your leg or legs become swollen or tender or you develop chest pain, unexplained cough or shortness of breath then please act

quickly and call us at CKC or see your GP. If it is out-of-hours, then please attend your local emergency department and request investigations to exclude a leg or lung blood clot.

Smoking – Smoking before your operation increases your risk of blood clots in the leg or lung, wound infections and poor wound healing and often stops bones from fusing together which may be exactly what the operation is aiming to achieve. The anaesthetic is also more difficult for patients who smoke with breathing difficulties commonly seen in smokers. For these reasons, Dr Klar requests you to stop smoking 4 weeks prior to surgery and for at least 6 weeks after the operation. This also includes all other nicotine products such as patches and gum. Failure to stop smoking in these time frames can result in the surgery being cancelled which is a disruption for all concerned. Please book your surgery allowing yourself enough time to quit. Contact your GP regarding using medications such to help you quit or the Quitline 137848.

Medications – Please advise Dr Klar of any serious allergies you may have. Please stop any blood thinning medications such as aspirin and anti-inflammatory medications 10 days pre-operatively. Patients who take warfarin need to speak to Dr Klar regarding when is best to stop this drug but usually 5 days pre-operatively with an INR the day before surgery is a good rule of thumb. Patients who take Plavix or iscover should stop 10 days pre-operatively. Dr Klar will direct whether you should be on Xarelto before the surgery once your warfarin/Plavix/iscover is ceased. All diabetic patients should call their anaesthetist regarding when and if they should stop their usual diabetic medications. Please bring all your medications into the hospital with you, together with a list of what you normally take as this can be very helpful. Please cease all non-prescription medications 1 week prior to surgery and this includes fish oil, glucosamine, vitamins, supplements, weight loss formulae and herbal/homeopathic remedies.

X-rays/CT's/MRI's/Bone Scans/Ultrasounds – Please personally collect and bring all imaging studies to each appointment and to the hospital on the day of admission for Dr Klar to refer to during your procedure. Many companies now provide all imaging studies in the

digital format and Dr Klar will be able to access them online when you see him.

Skin care and infections – Please be careful to avoid scratching the skin on your limbs before your operation. This will usually result in the operation being cancelled due to a raised infection risk. The skin will be shaved if required an hour or so before the operation and the hospital staff will attend to this. Please resist doing this yourself at home. A pre-operative shower is a good way of minimising the normal skin bacteria which can lead to post-op infections. Physohex with 2%% triclosan is a good pre-operative skin wash and Dr Klar recommends you use it the day of your surgery. We recommend a thorough wash of the entire limb being operated on before you come into hospital. Nails should be trimmed and cleaned to minimise infections. Joint replacement patients will be given a surgical scrub from Dr Klar's office to use the morning of your surgery before you come into hospital to further lower the risk of infection. Please call Dr Klar's rooms prior to surgery if you develop any infections affecting your skin, teeth, chest or urine so a decision can be made regarding treatment and/or rescheduling of your operation.

Orthopaedic Appliances – Dr Klar may restrict the amount of weight you are allowed to put on your operated leg after your surgery. In that case you may need the use of orthopaedic appliances such as crutches, knee braces, wheelchairs, over toilet seats and shower stools. These are available for hire from Mobility Matters Fyshwick (ph. 6280 7244). Fees are usually reasonable, and these should be organised pre-operatively. Crutches of the Canadian variety are usually more comfortable than the armpit variety. National Capital Private Hospital can now sell you a pair of crutches when you are in the hospital for \$30.

Physiotherapy – Whilst in hospital, a physiotherapist will see you at no charge and help with your post-op exercise programme and mobility issues. Learning to safely use crutches is important prior to your discharge from hospital and this will be supervised by a physiotherapist. Postoperatively Dr Klar advises you see your normal physio around day 5 after the operation. You may need to

factor in the cost of physiotherapy when budgeting for your operation.

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