

**PROF A OBERMAIR – GYNAECOLOGICAL ONCOLOGIST**  
SUITE 5A, ADMINISTRATION BUILDING, GREENSLOPES PRIVATE HOSPITAL  
NEWDEGATE STREET, GREENSLOPES – PH 07 3847 3033

## **Pre- Surgical Check List**

### **Day/Evening Before Surgery:**

- You will get a call from Prof. Obermair's rooms advising of time and date of surgery, fasting time and also confirming you have **ceased all blood thinning medications (e.g. aspirin / fish oil etc) for at least 1 week.**

### **DAY OF SURGERY PROCESS**

- Fasting for at least 6hrs before surgery – nothing to eat or drink.
- Take regular medications with only a sip of water
- Shower at home. No Soaps, creams, deodorants, powders etc
- Present to Greenslopes Hospital Reception. You will be guided to Day Surgery Lounge
- Pre-op tests will be completed (Blood pressure, ECG, temperature etc)
- You will change into a theatre gown with disposable underwear.
- You may be waiting at this stage (2-3hrs), so bring some reading material
- You will be seen by the Anaesthetist.  
A canula will be inserted into your arm for fluids during theatre.
- Medication to help you relax may also be given
- Your valuables will be taken with you to the Ward Post Operatively

### **POST SURGERY**

- You will spend 1-2 hrs in recovery before you are taken to the Ward.
- Upon arrival, Ward staff will contact your Next of Kin. Please ensure all phone numbers are current.
- You will generally not have anything to eat or drink for 4hrs post-operatively.
- You may have a PCA (Patient Controlled Analgesia) or Epidural for pain control.
- You will have a drip for intravenous fluids
- You will have an IDC (Indwelling Catheter) in place to drain your urine.

- You may also have a drain coming out of your abdomen. This drains excess fluid out into a bag, that may collect internally at the operation site.
- Prof. Obermair will see you at the end of his Operation list OR the next morning.
- Ward staff will monitor your vital signs regularly, then 4<sup>th</sup> hourly over night.

### **WHAT TO BRING**

- All diagnostic imaging films and reports performed prior to surgery: (CT scans, Chest X-ray, Ultra-sounds). The results of blood tests will automatically be down loaded into our computer system (no need to bring those with you).
- Usual medications
- Loose fitting nighties
- Reading material for Pre-op waiting
- Stable, comfortable footwear i.e slippers
- Minimal valuables (not in excess of \$50)

### **AFTER DISCHARGE FROM HOSPITAL**

- Recovery time is individual and based upon your surgery
- Upon discharge from hospital, you must receive the “Do’s and Don’ts & Well Wishing” card.
- A supply of pain medication for the next 10 days will be supplied to you.
- You will be contacted at home by Prof. Obermair’s Practice Nurse to discuss any concerns regarding recovery (pain / wound / bleeding etc).
- A follow up appt will be made with Prof Obermair in his rooms.
- Please phone the Practice Nurse, Sharleen on 3847 3033 if you have any concerns

She is available:

Monday from 10am – 2pm  
Wednesday from 10am – 5pm.