



SAINT JAMES
HOSPITAL

PREPARING FOR SURGERY – PATIENT INFORMATION

If you are having surgery, may we remind you:

Jewellery	All jewellery (including tongue studs and other body piercings) must be removed.
Hearing aids	If you normally wear a hearing aid you should keep it until you reach the operating room so that you can hear and understand everything.
Dentures	Please remove all non-permanent dental work before your surgery.
Contact lenses	If you normally wear lenses, please remove them before going to the operating room. You may wear your glasses to the operating room. Please bring a case for them.
Hair	For the surgery, please avoid the use of clips, or pins and bands that bind hair. If your hair is long, please use a head band. We will provide you with a head cover on the way to the operating room.
Hairpieces	If you normally wear a wig or hairpiece, please remove it and we will give you a head cover to wear.
Cosmetics	Any makeup including foundation, lipstick or gloss must be removed. Do not use cosmetics, such as perfume and hairspray before surgery.
Fingernails	Please remove acrylic nails or varnish.
Eye makeup	You should remove eye shadow, mascara and false eyelashes.
Lotions/creams	Please avoid applying lotions, powders and creams for today.
Body Hair	Please do not shave / wax / remove body hair from the operation site. This will be removed on admission, in the ward.

Also:

- You will be asked to come to hospital 1 hour 30 minutes before the time of surgery
- Bring all your blood results, X Rays, Ultrasound, ECG and any other tests or examinations that were carried out
- Bring your own medication. This includes inhalers as well
- Bring any anticoagulant medication, even if this has been stopped prior the surgery
- Have a shower before coming to hospital using an ANTISEPTIC WASH
- Get good supportive and comfortable bed slippers with a good grip on the floor to avoid any slips and falls. Avoid slip-on shoes.
- It is advisable to STOP SMOKING before the surgery. If you find it very difficult, at least DO NOT SMOKE FROM 24 HOURS BEFORE the surgery, until the recovery period is over. (Smoking delays the healing process and can cause other serious diseases)



SAINT JAMES
HOSPITAL

Why can't I wear contact lenses during surgery?

Contact lenses may shift position, when you are asleep during surgery and scratch your eye which can be painful. Please remember to pack your glasses on surgery day.

Why can't I wear nail polish or acrylic nails for my procedure?

Nail polish and acrylic nails can hinder the surgical team's ability to monitor your wellbeing during surgery. When you're in surgery, you will have a probe placed on the end of your finger to read the oxygen level in your blood. This probe cannot read through artificial nails or nail polish.

Why can't I wear makeup and mascara during surgery?

Makeup can hinder the anaesthetist and surgeon's ability to monitor your wellbeing during surgery. Face makeup can mask your true skin colour, which is an easy signal to the anaesthetist on how your body is handling the surgery. Also, while you are under anaesthesia, you don't have a blink reflex, so small particles of eye makeup (especially mascara) can enter and injure your eyes.

Why can't I wear lotion on the day of my procedure?

Lotions, creams, or powders can make it hard for the operating room staff to stick monitoring devices to your skin.

Why can't I wear jewellery or piercings on the day of my procedure?

This is to avoid that any metal object interferes with electrical equipment and to prevent jewellery pieces becoming dislodged and lost during your procedure.