



Antony Fitton  
Plastic Surgery

Plastic and Reconstructive Surgery in Plymouth and Truro

# 8 tips when preparing for plastic surgery.

## Your free surgery preparation checklist

### 1. Packing for surgery

Make sure you have everything you need. If you are staying in the hospital, make a list of all the things you might need and start packing a few days before. Think about nightwear, day clothes, underwear, dressing gown and slippers, a small hand towel and toiletries, sanitary products, books or magazines, a small amount of cash, your regular medication and the doses you take, glasses or contact lenses if you use them, and an address book with important numbers. Many hospitals now allow mobile devices but check beforehand.

**[See below for our full checklist.](#)**

### 2. Health and Fitness

Be as well and fit as you can be. Research has shown that patients who maintain a reasonable level of fitness before surgery, have better results. Even moderate exercise can help so try to do what you can and take advice from your GP if you're not sure. Think about your diet and lifestyle – healthy food and giving up habits such as smoking have been shown to improve recovery post-surgery.

### 3. Eating and drinking before surgery

Don't eat or drink if you've been told not to. If Mr Fitton has advised you to stop drinking or eating for a specified period of time before your operation, always follow his advice. This includes light snacks, sweets, and water. If you don't then your operation might be cancelled.

Having an empty stomach greatly reduces the risk of vomiting under anaesthetic. If you are on insulin for diabetes, you will still need to follow the fasting advice, but let the medical team know about your medical condition.



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### 4. Anaesthesia

How you'll be numbed during the operation often depends on the type of surgery you're getting.

- - **Local anaesthesia** is where a small area of the body is numbed and you remain fully conscious – often used during minor procedures.
  - **General anaesthesia** is where you're totally unconscious and unaware of the procedure – often used for more serious operations.

You inhale some types of anaesthesia, while others you get from a shot or through a vein (IV).

### 5. Help your mental well-being

It is normal to feel nervous or anxious before surgery. Recognising those feelings and taking steps to create a positive mindset can help you go into surgery ready for a positive outcome.

### 6. Travel arrangements

Make sure you can get there. Don't forget to make travel arrangements, as it is unlikely that you will be able to drive yourself to and from the hospital. If you are relying on friends or family, give them plenty of notice so they can ensure they are free to help.

### 7. Pain management

Anti-inflammatory medication can help significantly. They can help patients manage pain – particularly of damaged joints. This can allow them to carry out daily activities and maintain a level of fitness. In the time leading up to and after your surgery, you should make sure you've got enough medication stored. This will eliminate the risk of running out at what could be an important time in your recovery. Ask your GP or consultant for advice on how often you should self-medicate.

### 8. Visiting Times

Make sure you give your family and friends plenty of notice about your operation so they can take time off work to be with you, if necessary.

Check your hospital's policy on visiting times and let your family and friends know.



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### Things to pack for your stay in hospital

If you're staying in the hospital for a night or two, you may want some creature comforts.

- Nightdress or pyjamas
- Earplugs
- Eye mask
- Day clothes
- Clean underwear
- Dressing gown and slippers
- Small hand towel
- Toiletries – soap, toothbrush, toothpaste, shampoo, deodorant
- Sanitary towels or tampons
- Razor and shaving materials
- comb or hairbrush
- Books or magazines
- Small amount of money
- Medicines you normally take, and a list of the doses for each medicine
- Glasses or contact lenses with case
- Notebook and pen
- Important phone numbers, including your GP's contact details
- Device chargers
- Headphones