

Preparing For Your Surgery/Procedure



1 Day of Consultation

Consultation

- Surgery/Procedure details
- Customized patient education based on surgery/procedure

2 Pre-Admission

Pre-Admission

Pre-Admission

- Estimated Bill Size
- Financial Counselling (Medisave, Medishield, Insurance)
- Request of Letter of Guarantee
- Pre-Surgery/Procedure Tests (where applicable)
- Pre-Surgery/Procedure Advice



3 Day of Admission

Day of Admission

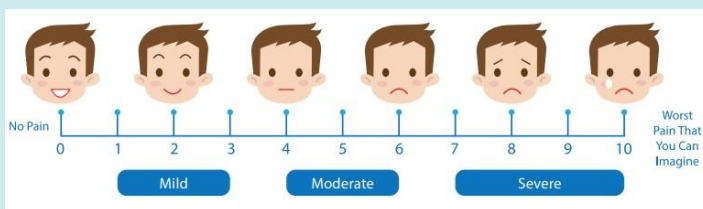
Day of Surgery

- Our staff will give you a call or SMS 1 working day before your day of admission to inform you of your Admission Time



Post Surgery/Procedure Care

During recovery, we use the Numerical Rating Scale to score your pain (as illustrated below). Pain relief medications will be given to you to help reduce your pain.



Common side effects post surgery:

1. Pain/bruising at the site of injections and intravenous drips
2. Nausea and vomiting
3. Sore throat
4. Headache

Once you are fit for discharge, we will provide post-procedure advice as per your surgeon's instructions. Do continue to take the medication as prescribed by your surgeon. You can resume your dietary choices and take your routine medication after you leave our Day Surgery Centre, unless otherwise instructed. Your surgeon will discuss your procedure findings with you during the next appointment for review.

Please arrive at StarMed Specialist Centre Level 5 1 hour before scheduled surgery/procedure time for admission.

You will receive a reminder Call or SMS 1 day before your day of surgery or procedure from our staff.



12 Farrer Park Station Road, #05-01, Singapore 217565



info@starmedspecialist.com



+65 9655 2101



+65 6322 6333



Pre-Surgery/Procedure Guide

Surgery Date: _____
Surgery Time: _____
Admission Time: _____
Location: _____

Insert Patient's Sticky Label

If you are undergoing **General Anesthesia/Sedation** for your surgery or procedure:



- **Fast (no food and drinks) for at least 6 hours** before your surgery or procedure.
- **Do not apply makeup, nail polish or wear jewelry or contact lenses** on day of surgery or procedure.
- **Do not drive** to StarMed Specialist Centre on day of surgery or procedure.
- **Arrange for a relative or friend to accompany you home upon discharge**, to ensure that you have a reliable caregiver at home.



Please **take anti-hypertensive medication or other regular medications with sips of water** on day of surgery or procedure.

Please **do not take diabetic and anti-coagulant medication** on day of surgery or procedure.

UNLESS ADVISED OTHERWISE BY DOCTOR / SURGEON



Bring your personal medications along that may be needed such as inhaler for asthma, etc.

Bring any scan reports or blood test results that may be required by our Doctor / Surgeon.



Before Your Surgery

- For your safety, a patient identification wrist band, which contains your name, NRIC, date of birth and drug allergy(if any), will be given on your admission day.
- As part of our pre-surgery protocol, we will verify your consent for surgery and you may be asked several times to verify your name, identification number and date of birth. The doctor may mark the surgical site with a special pen to identify location.

Preparing for Surgery

- If you are undergoing General or Regional Anesthesia, our anesthetist will verify your medical history and test results. He/she will oversee your anesthesia care throughout surgery.

Please arrive at StarMed Specialist Centre Level 5 **1 hour** before scheduled surgery/procedure time for admission.

You will receive a reminder Call or SMS **1 day** before your day of surgery or procedure from our staff.



12 Farrer Park Station Road, #05-01, Singapore 217565



info@starmedspecialist.com



+65 9655 2101



+65 6322 6333