



PLEASE DO NOT

- Eat or drink anything 8-hours prior to scheduled time of surgery. For e.g. if surgery is scheduled at 2 PM in the afternoon, please start fasting from 6 AM. Fasting means no food or drink including water, tea, or coffee.
- Put on make-up or nail polish.
- Bring excessive cash, jewellery and expensive accessories like pens, watches, and belts.
- Drive or operate machinery till 24-hrs after your surgery due to residual effects of anaesthesia.
- Forget to bring your X-ray, CT scan and MRI films and discs and any other relevant investigations.
- Hesitate to contact us anytime if you have any questions or lingering doubts about the surgery or the recovery post-surgery.

PLEASE DO

- Wear clothes that are comfortable and easy to remove.
- Arrange for a responsible adult to accompany you home upon your discharge.
- Let us know if you are unwell on the eve of surgery.
- Let us know if you are on any medication. We can advise if you need to omit the dose or continue taking it.
- Bring along your case and solutions, if you are a contact lens user.
- Bring along your inhaler puff if you are an asthmatic.
- Prepare to stay overnight, just in case you don't feel so well after surgery.