

# VALENTIS CLINIC

COSMETIC MEDICINE, PLASTIC SURGERY & ADVANCED SKIN CARE

## **Pre-operative Instructions (before surgery):**

### **Instructions for admission at Aga Khan University Hospital:**

1. Get admission letter from Beatrice, Dr Khainga`s secretary at the office in the Doctor`s Plaza, Aga Khan Hospital, 3rd Floor Suite 320.  
Tel. 0726-745194 or Office 020-2049861. Alternatively this letter can be emailed to you: contact: bnerima@yahoo.com
2. Go to admissions desk / cashier and pay the hospital deposit (please note **only cash** or **credit card**)
3. Check in on the Ward

### **Instructions for admission at Upper Hill Medical Centre (UHMC),**

4. The Day Surgery Unit at UHMC is on the second floor.  
Meet Hidaya at Reception to check you in.
5. At reception, your details will be taken, and a deposit needs to be paid (usually 10,000 KES for LA, 16,000 for GA) in **cash** or **credit card**.
6. You will be taken through to get all the paperwork done, then meet Dr. Stasch for pre-op check and consenting.

**General important things to consider before any operation:**

- If you are a smoker, it is recommended that you stop smoking well in advance of the surgery (at least 6 weeks). Smoking will affect your ability to heal.
- If you have been asked to have investigations before your surgery such as blood tests, ECG or X-Rays, you must do this at least 1 week prior to surgery.
- Certain medications increase the risk of bleeding such as Aspirin, non-steroidal anti-inflammatory medications, and some homeopathic agents. There are a number of over-the-counter and dietary supplements which may also promote bleeding. These include herbal remedies, Ginko preparations, garlic and Vitamin E. For a comprehensive list please check on [www.valentisclinic.com](http://www.valentisclinic.com). These should be discontinued 10 days prior to surgery. If you want to take any Arnica preparations please start *one day before* surgery and continue for about 10 days.
- Do not drink excessive alcoholic beverages for 48 hours prior to surgery. Excessive drinking may create complications and increase bruising.
- An adequate diet with vitamin supplements, especially Vitamin C and Zinc, is recommended. You should be in the best nutritional state possible prior to surgery.
- If you will be preparing your own meals at home after surgery, have easy-to-prepare foods on hand.
- We recommend you eat a light to moderate meal for breakfast or lunch the day of surgery if it is under local anaesthesia. If you are undergoing IV sedation or general anaesthesia do not eat or drink for 6 hours prior to your surgery, including water and coffee.
- You can take your regular prescribed medication as discussed with the anaesthetist, unless otherwise instructed.
- Please leave your jewellery and valuables at home.

## Pre-operative Instruction sheet

- Please remove make up and nail polish before coming to the Clinic for your surgery.
- Please keep in mind we are estimating the amount of time we need for your surgery. You may be at the Clinic longer than anticipated. Please keep this in mind while arranging your ride to and from our Clinic.
- Please make arrangements for a friend or family member to bring you to the Clinic and also drive you home. It is very important to have someone with you the first 24 hours after surgery
- Please arrive at least 30 minutes before your scheduled surgery to sort out all the paper work and consenting.

Please do not hesitate to call Valentis Clinic on 0703 502 555 or contact Dr Stasch at [dr.stasch@valentisclinic.com](mailto:dr.stasch@valentisclinic.com) if you have any questions regarding your forthcoming surgery.