

Before Your Procedure

Australia is one of the safest places in the world to have an anaesthetic. All of our Anaesthetists are highly trained specialists. However, there are things that you can do to reduce the risks of a procedure and to ensure that you return to your normal life as quickly as possible.

We suggest that you:

- ~ Use this as an opportunity to quit smoking—smoking decreases the amount of oxygen in your blood and increases the risk of complications to your breathing and airway
- ~ Get fitter; do some exercise, reduce alcohol consumption, lose some weight, stop recreational drugs
- ~ If you have long-standing illnesses such as heart disease, asthma, hypertension or diabetes, it might be a good time to have a checkup with your general practitioner.
- ~ If you are taking warfarin, aspirin or anti-inflammatory drugs, check with your surgeon whether these should be ceased
- ~ Stop taking any herbal medicines two weeks before your surgery
- ~ If you need dental work please see your dentist before your procedure

Contact the Anaesthetic Group Ballarat on 03 53314888 if you are concerned or anxious about any aspect of your anaesthetic.