BEFORE SURGERY

The Pre-Operative Checklist

Everything to tell your doctor, pack and confirm – on three pages you can print and tick



Good preparation makes an operation safer, the day smoother and the recovery more comfortable. Most of it is information your team needs from you.

THE SHORT VERSION



Tell your doctor everything, bring your documents, and confirm the arrangements.

WHY IT MATTERS

- **Safety.** Anaesthesia and medication decisions depend on what your team knows about you.
- **Comfort.** A prepared patient spends the day being treated rather than chasing paperwork.
- **Timing.** A missing test result is the most common reason a start time slips.

FIVE THINGS TO TELL YOUR DOCTOR, WITHOUT EXCEPTION

Conditions
Any diagnosis you live with, however well controlled.

Medication
Everything, including supplements and the pill.

Allergies
Drugs, materials, foods and plasters.

Past surgery
Operations and any anaesthetic problems.

Smoking, alcohol
An honest answer; it changes the plan.

TESTS AND RECORDS TO BRING

- Any blood tests or investigations your team has requested
- Reports and discharge summaries from previous treatment
- Earlier photographs, where the plan refers to them
- Correspondence with your coordinator, saved rather than scrolled for

EASY TO FORGET, WORTH MENTIONING

- Vitamins, herbal remedies and anything bought without a prescription
- Conditions that run in your family, especially clotting problems
- A bad reaction to an anaesthetic, in you or a close relative
- Anything you are currently being investigated for, even unresolved

COUNTING BACK FROM YOUR DATE

4 WEEKS
Tell the team
Health and medication.

2 WEEKS
Tests
Whatever has been asked for.

1 WEEK
Adjust
Medication, on advice only.

48 HOURS
Confirm
Times, transfers, fasting.

Nothing here counts against you

Smoking, a drink most evenings, a medication you stopped on your own – none of it changes whether you are looked after, only how. The one thing that creates risk is a team working from an incomplete picture.

Not sure whether something is worth mentioning? Mention it.

PAGE 2 OF 3

The days before

The travel and the packing are the easy parts, as long as they are done early enough to leave the last day free.

TRAVEL AND ARRANGEMENTS

- Flight times confirmed and shared with your coordinator
- Accommodation booked, with the dates double-checked
- Transfer details received and saved to your phone
- A companion arranged, if one is needed

PACKING

- Comfortable, loose clothing
- Tops that button or zip at the front
- Basic toiletries and personal items
- Passport, documents and your medication list

THINGS PEOPLE COMMONLY NEED TO PAUSE — ALWAYS CONFIRM WITH YOUR TEAM

	USUAL ADVICE	WHY
Blood thinners	Paused on medical instruction only	Bleeding risk, balanced against why you take them
Anti-inflammatories	Often stopped a week before	They affect clotting
Herbal supplements	Usually stopped, and declared	Several interact with anaesthesia
Smoking	Stopped as early as possible	It measurably slows wound healing
Alcohol	Avoided in the days before	Dehydration and increased bruising

Never stop a prescribed medicine on the strength of a table. Ask your team first.

THE LAST FORTY-EIGHT HOURS

48 H
Confirm
Arrival time, transfer and any remaining paperwork.

24 H
Prepare
Pack, charge your phone, follow any dietary instructions.

12 H
Fasting
Only as instructed by your team – the times are specific.

0 H
Arrive
Rested, on time, with documents to hand.

Follow your own team's instructions on these

- Eating and drinking before the procedure – the exact hours matter
- Medication to pause or continue, especially blood thinners
- Smoking and alcohol in the days immediately before

ASKED BY ALMOST EVERYONE TRAVELLING FOR TREATMENT

What if my flight is delayed?
Tell your coordinator as soon as you know. Dates move more easily than you expect.

Do I need someone with me?
For some procedures yes, for others no. Your team will tell you which applies.

Can I drink water while fasting?
Sometimes, up to a set time. Ask for the exact hour rather than assuming it.

Confirm your pre-operative instructions with the team rather than assuming them.

PAGE 3 OF 3

The morning of surgery

A short run-through before you leave, and a second one at the clinic. Tick as you go.

BEFORE LEAVING THE HOTEL

- [ ] Documents packed and to hand
- [ ] Medication information shared with the team
- [ ] Jewellery, piercings and watch removed
- [ ] Nail polish and make-up removed
- [ ] Comfortable, front-opening clothing on
- [ ] Fasting instructions followed exactly

AT THE CLINIC

- [ ] Consent forms read, then signed
- [ ] Final assessment with the medical team
- [ ] Photographs taken, if part of the plan
- [ ] Remaining questions asked – this is the last easy moment
- [ ] Companion's contact details left with reception
- [ ] Valuables handed over or left behind

WHAT HAPPENS ONCE YOU ARE CHECKED IN

Admission
Paperwork, identity check and your wristband.

Anaesthetist
A short review of your history and medication.

Markings
The surgeon draws the plan on you, with you present.

Waiting
Lists move. A delay is not a sign of a problem.

THE SIX THINGS TO HAVE WITH YOU

- [ ] Passport or ID
- [ ] Test results
- [ ] Medication list
- [ ] Transfer details
- [ ] Companion's number
- [ ] The clinic's number

Questions worth asking before you sign anything

- ✓ What exactly is planned today, and what is not part of it
- ✓ How long the procedure takes and when you will be reviewed afterwards
- ✓ Who to call once you are back at the hotel, and at what hours

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

WHY ESTECENTER?

- ✓ Experienced medical teams
- ✓ International patient support
- ✓ Personalised treatment planning
- ✓ Comprehensive care journey

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WHATSAPP US

READ ONLINE

This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.