This is a basic list of what you may need to get cleared and prepared for surgery, as well as what lifestyle changes are necessary. Please check with the surgeon during your consultation, and again after having scheduled your surgery for final instructions specifically pertaining to your case. Also carefully read the patient leaflet for your procedure.

Basic blood work required:
CBC
RBS
ALT' AST
CREATININE, Urea
PT' PC INR
HIV
Hepatitis Markers
- **HBsAg**
- **HcvAb**

For some cases a blood group test may be required, unless patients can provide proof of their blood group through a blood donation card or previous medical records.

Additional test for over 40:

ECG

Additional tests for over 60:

Echocardiography
CT lung scan

Physio Therapy with manual lymphatic drainage massage
It is important to schedule at least 1 week prior to surgery for a session with a certified Physio Therapist to aid in your recovery. For booking WhatsApp: +20 128 122 8352

Diet and lifestyle changes

Stop smoking at least 3 weeks before surgery, and a minimum of 2 weeks afterwards.

1. Smoking prevents healing.

2. Smoking raises your risk of blood clots.

3. Smoking raises your risk of infection.

4. Smoking increases inflammation and sometimes pain.

Pre-Op Nutrition Guidelines
Your pre-surgery diet should include as many nutrients in your “bank account” as possible before surgery:

- **Eat enough protein.** At least 1 – 2 weeks before surgery, make sure to eat enough protein every day. Protein needs are based on the amount of muscle that you have, but research has shown that 65 – 100 grams per day are proving to be optimal. Protein provides building blocks for our muscles, bones, and our immune system. You want to be as strong as possible going into surgery.

- **Stock up on fruit and vegetables.** Include fruit and vegetables at most meals and snacks. More specifically, greens. Greens are great for your skin and repair muscles, bones, and cartilage because they contain loads of vitamins and minerals including vitamins C, K and magnesium.

- **Include whole grains.** Be sure to include good sources of whole grains to give your body all the B vitamins it needs to combat stress.

- **Eat less of these.** Consider reducing or eliminating salt, additional sugars, caffeine and alcohol from your diet. These create more stress on the body and actually remove nutrients from the body to metabolize properly.

More **than two alcoholic drinks a day can increase your risk of side effects from anesthesia as well as affect the amount of anesthesia you'll need**. Your physician anesthesiologist needs to know if you drink and may request you abstain before surgery.

For your own safety and well-being, it’s best to avoid alcohol for at least 48 hours before your scheduled surgery.

Alcohol consumption can lead to serious complications both