Addenbrooke's Treatment Centre

Preparing for your appointment for local anaesthetics

Preparation

- It is not necessary to starve before having a local anaesthetic; please have a light meal before coming to hospital.
- If you are a diabetic, please follow your normal routine regarding medication and food.
- You may bring a dressing gown and slippers.
- Make up and nail varnish need to be removed before your appointment. Please leave all jewellery and body piercing at home.
- Please do not bring large sums of money
- Please bring any medication such as GTN spray and inhalers with you.
- Please make sure you have a supply of paracetamol and ibuprofen tablets at home.

What will happen on the day?

- When you arrive, you will meet the nurse who will check all your details
- If you require a medical certificate please inform the nurse on arrival.
- Please be aware that your appointment time is not the time of your surgery and a wait will be involved.
- You will meet the surgeon and if you have not already done so, you will be asked to sign a consent form.
- Before your operation you may be asked to change into a gown but this will depend on the operation or procedure you are having.

After your procedure or procedure

- Post-operative instructions will be given to you before you leave the unit.
- Arrangements will be made for any follow up treatment or appointment before you leave.

Discharge

- Patients who have had limb surgery must not drive themselves home.
- It may be necessary especially if you have limb surgery for a relative or friend to assist you at home

If you have any questions, please contact the Day Surgery Unit on telephone number 01223 256330.

We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking Helpline on 0800 169 0 169

Help with this leaflet:

If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Document history

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