Instructions for a patient on the waiting list for surgery

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| Kuvaus: | Instructions for a patient prepairing for surgery, attachment to eLetter |

Good overall health will speed up your recovery.

* Eat diversely.
* Engage yourself in physical exercise if possible.
* If needed, you may ask for weight loss and dietary instructions from your local health centre.
* Take care of the health of your mouth and skin.
* Any infections must be treated well before the surgery.

Different infections (e.g. urinary tract, respiratory, dental, and nail wall infections, infected dermatitis, skin lesions between toes and wounds) may prevent the operation.

Primary diseases (such as cardiovascular disease, diabetes and pulmonary disease) must be under control before the surgery.

If there are any changes in your health and symptoms that may affect the surgery, contact the person in charge of planning your treatment.

The use of Omega 3 and other natural supplements must be ceased two (2) weeks before surgery.

We ask you to fill out the electronic background information form on the KUH website <https://omakys.fi>

Once the time for your surgery has been set, you will receive a separate invitation and more detailed instructions related to the procedure. The person in charge of planning the treatment will contact you by telephone.