



Things to bring

Please bring:

1. All your x-rays or scans
2. Your medications
3. Toiletries and clothing
4. Health fund & Medicare details

It's a good idea to leave your jewellery at home. Please remove all rings, especially if you are having hand surgery.

Do not operate machinery or a vehicle within 24 hours of your anaesthetic as your ability is impaired, and it is illegal.

You must tell Dr Coll about any blood thinning medication when you book your surgery.

Please arrange for a responsible adult to collect you from hospital



On the day

Your appointment for surgery at
Cairns Day Surgery
Cairns Private Hospital
is on ____/____/____
at ____AM / PM

In order for your anaesthetic to be safe, it is vital that you have no food or drink for 6 hours before your surgery. You may take your usual morning medications with a small sip of water.

After your surgery, you will receive an envelope containing information regarding your surgery – please read it.

Your recovery is in your hands.

www.airmedicine.com.au

Your Surgery



advanced injury
recovery

Dr Sarah Coll

2 Upward St
Cairns QLD 4870
Ph: 07 4052 1247



After your operation

You must contact the rooms if any of the following occur:

- Persistent bleeding
- Excessive swelling
- Your affected part changes colour or has
- Pins & needles or numbness
- Pain unrelieved by your prescribed medication
- Offensive discharge from the dressing
- Fever or chills

Smoking increases your risk of death whilst under anaesthetic, causes wound infections, worsens scars, causes increased pain and slows healing.

Do not take Aspirin, Warfarin or Clopidogrel (Plavix) after your surgery without telling Dr Coll. Resting quietly, effectively reduces your pain.

Paracetamol 4 times a day, also reduces your pain. Do not exceed the recommended dose. Children require a smaller dose as is written on the packet.

Gently move your fingers and toes to prevent the formation of clots in your arms or legs. Deep breaths will prevent clots in your lungs.

Please attend your physiotherapist or hand therapist if prescribed in your operative handout. They will advise you regarding appropriate activities and use of your affected body part.

Removal of your sutures will occur at your next appointment.

Every effort is made to ensure your surgery is safe

Q&A

How do I speed my recovery?

Try to rest for 24 hours after your surgery, this will reduce bleeding and pain. Elevate the affected body part. You can apply ice for 20 minutes at a time to ease your pain. Avoid pressure on or rubbing of the affected part. Keep your wound clean and dry for 5 days. Use crutches or slings as prescribed. Avoid alcohol and cigarettes after surgery.

How do I contact my doctor if I have a problem?

Dr Coll can be contacted in the event of an emergency on: [REDACTED]

If you require any certificates or other paperwork, please email us at: reception@airmedicine.com.au or ring the rooms. Otherwise, these can be completed at your next appointment.

What if I can't afford my surgery?

Please let our receptionist know if you think you may have trouble paying for your surgery. We can prepare a quote for you. Arrangements can be made for you at Cairns Base Hospital, for free treatment under the public health system.