

PREOPERATIVE CHECKLIST

Preparation for Your Surgery

- Contact your Medical Aid and obtain Authorisation for your procedure.
- Email signed quotations and surgical risk/consent forms back to Dr du Toit's rooms.
- Complete the Preadmission on the Hospital website or at the Hospital itself.
- Get a preoperative medical exam and report from your Physician and/or Cardiologist / Pulmonologist if you suffer from any chronic conditions.
- Visit your Dentist and treat any tooth or gum problems or infections before surgery and inform Dr du Toit.
- If you have any Cold, Flu, Urinary tract or Gastric symptoms please inform Dr du Toit immediately.
- Stop smoking.
- Prepare your home for after surgery and make arrangements for help with household tasks, preparing food and driving.
- Purchase CHG Antibacterial Soap from your pharmacy and bath according to instructions given.
- Stop medication for rheumatoid arthritis or blood thinners only as instructed by your Physician / Rheumatologist or Dr du Toit (usually 5-7 days before your planned surgery).

The Evening Before Surgery

- Do not drink or eat anything after midnight.
- Review the Surgery Guide.
- Make a list of all medication taken and bring all your chronic medication with you to the hospital.
- Label your personal items that will be brought with you to hospital.
- Remove all piercings and jewelry.
- Remove all nail polish.

Netcare Rosebank Hospital

Suite 1, Ground Floor, Medical & Dental Centre
11 Sturdee Ave, Rosebank
Tel (011) 880 4901 / (011) 328 0792
E: draljdutoit@gmail.com

Netcare Linksfield Hospital

24 - 12th Avenue
Linksfield West
Tel (011) 880 4901
E: draljdutoit@gmail.com

Birchmed Day Clinic

8 Tiger Street, Birchleigh
Kempton Park
Tel (011) 880 4901
E: draljdutoit@gmail.com

Mediclinic Sandton Hospital

Suite 22, Main Building,
1 Peter Place, Bryanston, Sandton
Tel (011) 880 4901 / (011) 709 2030
E: draljdutoit@gmail.com

- Shower with antibacterial soap as instructed and sleep in clean clothes and use clean bedding/sheets.
- Do not shave or wax your skin before surgery.
- Get a good night's rest.

The Day of Surgery

- Shower with antibacterial soap as per the guide and dress in clean clothes.
- Do not apply any skin lotion, deodorant, perfumes or powders to your skin.
- Brush your teeth and rinse but don't swallow.
- Take routine medications with only a sip of water as instructed by your Physician / Anaesthetist.
- Bring your chronic medication and assistive devices (crutches/walker/CPAP device) along to hospital.
- Leave all valuable items at home with your family.
- Remove your contact lenses and please wear your glasses instead.
- If you are Diabetic, please discuss the use of your medication with your Physician / Anaesthetist. For most cases you should refrain from taking your regular medication on the day of surgery.
- If you use sign language or do not speak English, please have an interpreter accompany you to hospital.
- Before you're taken into the operating room, you'll need to remove your hearing aids, dentures, prosthetic device(s), wig, and religious articles.

In Hospital After Surgery

- Your Healthcare Team will all assist with your recovery and stay in hospital.
- Familiarize yourself with the Hospital Visitation Policy in order to guide visitation by your family and friends.

Netcare Rosebank Hospital

Suite 1, Ground Floor, Medical & Dental Centre
11 Sturdee Ave, Rosebank
Tel (011) 880 4901 / (011) 328 0792
E: draljdutoit@gmail.com

Netcare Linksfield Hospital

24 - 12th Avenue
Linksfield West
Tel (011) 880 4901
E: draljdutoit@gmail.com

Birchmed Day Clinic

8 Tiger Street, Birchleigh
Kempton Park
Tel (011) 880 4901
E: draljdutoit@gmail.com

Mediclinic Sandton Hospital

Suite 22, Main Building,
1 Peter Place, Bryanston, Sandton
Tel (011) 880 4901 / (011) 709 2030
E: draljdutoit@gmail.com



dr du +oit+

DR ALJ (JACQUES) DU TOIT ORTHOPAEDIC SURGEON

MBChB, MMed Orth, FC Orth (SA)

MP Nr: 0679500 | PR Nr: 0280000678856

Back Home After Your Surgery

- Schedule a follow up consultation with Dr du Toit's rooms on a date as instructed in the Discharge Form handed to you in hospital.
- Continue with your physiotherapy exercises as instructed and also remember to schedule a follow up visit with them.
- Schedule a follow up visit with any other relevant specialists involved in your care as instructed by them during your hospital stay.
- Keep your wounds and area around them clean and dry and cover them when taking a shower.
- Do not remove your plaster cast/splint and keep it clean & dry.
- Report any persistently leaking or red and inflamed wounds to Dr du Toit.
- Take your discharge medications as directed.
- Please refer to the Surgical Guide for more detailed information on return to work, mobilization, driving, woundcare etc.

If you have any questions or concerns about your surgery, please don't hesitate to contact the practice for assistance.

Netcare Rosebank Hospital

Suite 1, Ground Floor, Medical & Dental Centre
11 Sturdee Ave, Rosebank
Tel (011) 880 4901 / (011) 328 0792
E: draljdutoit@gmail.com

Netcare Linksfield Hospital

24 - 12th Avenue
Linksfield West
Tel (011) 880 4901
E: draljdutoit@gmail.com

Birchmed Day Clinic

8 Tiger Street, Birchleigh
Kempton Park
Tel (011) 880 4901
E: draljdutoit@gmail.com

Mediclinic Sandton Hospital

Suite 22, Main Building,
1 Peter Place, Bryanston, Sandton
Tel (011) 880 4901 / (011) 709 2030
E: draljdutoit@gmail.com