

# Important Information for Outpatient Procedures



Dear patient

An outpatient procedure is planned for you at our clinic. Please follow these guidelines to ensure a smooth process.

Adhere to the **fasting times** before the procedure: Up to 6 hours before admission, you may eat as usual, and up to 2 hours before admission, you may consume clear liquids ("clear liquids" means tea, coffee, water, but no milk or fruit juices).

We recommend smokers to **quit smoking**. It not only improves lung function but also enhances circulation and wound healing.

If available, bring your **blood group card**.

Please observe the following rules for the first 24 hours after the procedure to ensure your safety:

- An adult must be available for you at all times on the first night after the surgery. You must also have a **phone within reach**. We will provide you with a phone number to reach our surgical and anesthesiological night doctor if needed.
- The procedure and the effects of medications and anesthetics can impair your reaction time. Do not participate in traffic without a **companion**, and under no circumstances operate a vehicle (bicycle, moped, car, scooter, etc.).
- Do not operate dangerous machinery.
- Do not make important decisions (e.g., contracts).
- Take only the prescribed pain, sleep, or sedative medications to avoid unwanted interactions.
- Do not consume alcohol, as it can aggravate the residual effects of anesthesia medications and increase the risk of bleeding.

Before discharge, you will be informed again about possible complications and given a phone number to reach a doctor in case of emergency.

If you experience discomfort such as vomiting, fever, or severe pain after leaving the hospital, contact your doctor immediately.

Thank you for your cooperation.