

PRE-OP PLANNING

By following recommendations and tips in this memo, you will help speed up the healing process, facilitate the postoperative period and reduce the potential risks.

- Please remember to bring your passport or national ID card when arriving at the clinic.
- Discharge from the clinic at 10 AM.
- Our no-visitor policy upholds our patients' privacy and rest.
- Please be advised to get your hemoglobin levels checked in advance in your country. The haemoglobin may not be below the norm.
- You do not need to fast before blood tests.

Mandatory tests when surgery will be performed under general anesthesia:

- Complete blood count
- PT, APTT, INR
- K⁺, Na⁺, Urea, Glycemia
- HIV, Hepatitis B, C *
- ECG (mandatory from the age of 40)*

Mandatory tests when surgery will be performed in local anesthesia, sedation:

- Complete blood count
- PT, APTT, INR
- HIV, Hepatitis B, C *

* HIV, Hepatitis B, and C tests as well as ECG will be conducted either the day before or on the day of surgery.

- Do not eat or drink anything for at least 6 hours before the surgery if you need general anaesthesia and 4 hours if you need local anaesthesia. On the eve of the surgery, eat only easy-to digest food as well.
- Avoid taking blood-thinning medications and foods with blood-thinning properties for 2 weeks before surgery.

- Inform us of any allergies, especially to medications, latex, or surgical materials. Notify us of any health changes since your last consultation before surgery
- If there are signs of infection on the day of surgery, the procedure will have to be postponed
- Do not use self-tanning cream before the surgery. On the day of the surgery do not use cosmetics, body creams, deodorants and wear jewellery. If needed, replace them with plastic.
- Remove acrylic nails and eyelash extensions. Gel nail polish and hair extensions are fine.
- Before surgery take a shower with an antiseptic soap, which will be given by the nurse of the department.
- Bring only necessary personal hygiene items and medication. No valuables, please. Pyjamas, a dressing-gown, tooth cleaning kit and slippers are provided by clinic personnel.
- Prior to abdominal surgery, depilation of the lower abdomen and bikini area is required on the same day. For arm lift surgery, depilation of the armpit area is necessary.
- A breast ultrasound is recommended for women under 40 years old, mammography screening is mandatory for women over 40 years old before breast surgery, or if specifically requested by the surgeon during the surgical approval process.

Facilities to get private breast scan in Kaunas

Breast ultrasound is available at [Fi Clinica](#) on Thursdays 12:00-14:00, once a week. Here are some other clinics we can suggest for you to book breast ultrasound with:

[“Hormodernus Clinic”](#)

Tolminkiemio g. 1A, 48188 Kaunas
+370 696 97979. <https://hormodernus.lt/>, info@hormodernus.lt

[“Unomeda Clinic”](#)

V. Putvinskio g. 50, 44211 Kaunas
+370 373 75853, klinika@unomeda.lt

[“Biofirst Clinic”](#)

Studentų g. 37, Kaunas.
+370 (37) 75 08 66, info@bioklinika.lt

[“Drauge klinika”](#)

Šv. Gertrūdės g. 51-28, 44283 Kaunas
+370 668 00298; info@klinikadrauge.lt

Length of stay

Procedure:	Minimum required length of stay post op:
Abdominoplasty and 360 lower body lift	5 days
Breast surgery	4 days
Gynecomastia	4 days
Mommy Makeover	7 days
Liposuction	4 days
Arm lift	4 days
Thigh lift	4 days
Buttock lift	4 days
Nose surgery	7 days
Upper, lower eyelid lift	8-9 days to remove stitches. 4 days if stitches removed in your country
Facelift	10-12 days
Endoscopic brow lift	7-10 days to remove screws. 4 days if screws will be removed in your country