



**INFORMATION SHEET FOR A DEPARTMENT OF OUTPATIENT SURGERY PATIENT  
(LOCAL ANAESTHETIC)**

**Department of Outpatient Surgery  
North Estonia Medical Centre, Mustamäe medical campus  
19 Sütiste St., C-Block, III floor**

**Phone: +372 617 2208, 617 1529**

The exact time of admission to the hospital will be specified by telephone no later than the afternoon of the day before the surgery. In most cases, patients are admitted in the morning.

- **Administering of blood thinning medications should be cancelled or medications replaced one week before the surgery – be sure to contact your family doctor or prescribing doctor.**
- Your procedure will be performed under local anaesthesia – only the area being operated on will be numbed.
- On the evening before surgery, eat foods easy to digest and drink lots of fluids. Do not consume alcohol!

**When coming to the hospital take with you:**

- ✓ document identifying your personality;
- ✓ footwear for use inside the hospital;
- ✓ hearing aid and/or asthma inhalers and daily medications.

**NB! There is paid parking at hospital premises.**

When coming to the hospital, enter the main entrance of the building and **follow signs for the Day Surgery Department (PÄEVAKIRURGIA)** – go to the atrium and before the café counter, turn right to the outpatient clinic. After you have passed registration desk No. 11, you will reach elevators C4 and C5 which will take you to the registration desk of the Department of Outpatient Surgery on the II floor. **NB! Please take your outer clothing with you to the department.**

- **Please leave all jewellery, body piercing rings and labrets, and other valuables at home.**
- Take a shower in the morning before the surgery.
- On the morning of your operation you can have a light meal and drink. If necessary, take any of your daily heart, blood pressure or diabetes medication (but not blood thinning medications).
- Before the operation you will have to sign a consent form for performing the surgery and anaesthesia.
- Before the surgery you will have to dress into operation clothes that will be given to you in the day care surgery unit.
- Take off your eyeglasses and/or take out your contact lenses and removable dentures, and leave them with a nurse on duty at the department.
- Visit the toilet before going to the operation.
- Prior to your operation you will be fitted with a venous cannula, through which any necessary medication will be given to you.
- Be patient! Many operations are performed each day, and although they take place on the basis of a waiting list, the amount of time you have to wait can increase for any number of reasons. **Do not plan any activities for the day.**