



PRE-OPERATIVE INSTRUCTIONS

Dr. Dora's message:

Hello Future Patient,

Thank you for choosing the SOMA® & Dr. Dora's team for your upcoming procedure. The days leading up to surgery are more than a countdown, they're a chance to prime your body, mind, and spirit for smooth, confident healing. Each guideline in this booklet is a straightforward, science-backed step designed to ease your surgery day and refine your final result.

As you follow these recommendations, consider weaving the healthier habits, nutrition tweaks, gentle movement, mindful rest, into your everyday routine. They'll serve you well long after the operating room. We're here for every question and every step of the way.

Warm regards,
Dr Dora Evangelidou, MD MSc
and the SOMA® Care Team



Introduction & Medical Considerations

These guidelines are part of Dr. Dora Evangelidou's SOMA Protocol, designed to support immune function, reduce inflammation, and enhance recovery before and after surgery.

They are suitable for generally healthy individuals. If you have a medical condition or are taking chronic medications, adjustments may be required. Always inform Dr. Dora of all supplements and medications during your preoperative consultation.

Lifestyle & Diet Recommendations

These recommendations aim to reduce inflammation, stabilize metabolism, and promote healing. They are not intended as medical treatment or dietary therapy for any disease. Avoid any of the recommended food and supplement if you have any known allergy to it.

Nutrition Focus(educational)

High-protein foods: legumes, eggs, plant-based protein, nuts

Healthy fats: seeds, oily fish, olive oil, avocado

Reduce or avoid:

- Refined carbohydrates (white bread, pizza, pastries)
- Sugary drinks and soft drinks
- Red meat and processed meats
- Deep-fried foods
- Processed seed oils (canola, sunflower)

Prefer: goat cheese over white cheese, Greek yogurt over regular yogurt

Include daily: kefir, nuts, eggs, legumes, plant-based protein shakes



Healthy Habits

01

Walk

10 -15 minutes
after each meal

02

Eating

Avoid eating 2
hours before bed

03

No refine sugar

Choose fruits instead
of desserts

04

Activity

Increase overall daily
movement and activity

05

Citrus fruits & juices

Don't consume these
at least 10 days
before surgery

06

Aspirin

Don't consume at
least 10 days before
surgery

07

Kefir

1 serving daily
(any brand)

08

Smoking

We recommend to
stop smoking at least
one- two weeks
before surgery

Supplement Guidelines

You will be advised by Dr. Dora



Before Coming to the Hospital

- Arrive 3 hours before surgery for pre-operative preparation
- Report to Main Reception, then Cashier and Laboratory if required
- Late arrival may cause delay or cancellation
- Settle all outstanding payments before surgery day

Fasting Eating & Drinking

- No solid food for 7 hours before surgery
- No fluids for 6 hours before surgery
- You can drink water in moderation up to 2 hours before the surgery
- Take regular medications only if instructed by your doctor/anesthesiologists, with a small sip of water
- Do not chew gum

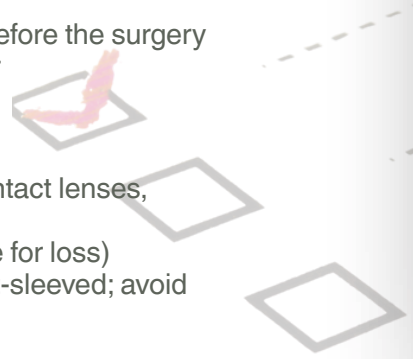
Personal Preparation

- Remove nail polish, makeup, jewelry, hairpins, contact lenses, dentures, and prostheses
- Leave valuables at home (hospital not responsible for loss)
- Wear loose, comfortable clothing, preferably short-sleeved; avoid clothing pulled over the head

Hygiene & Infection Prevention

- Wash the surgical area with the prescribed antimicrobial solution the night before surgery After applying the antimicrobial agent, especially in the creases, the contact time to be maintained, and can be rinsed off with plain water
- Do not apply creams, lotions, or ointments afterward, it may affect the efficacy of the antimicrobial agents
- Do not shave the surgical area at home; hair removal, if needed it should be performed with clippers right before surgery in order to reduce the risk for microbial growth or breaks in the skin

Checklist

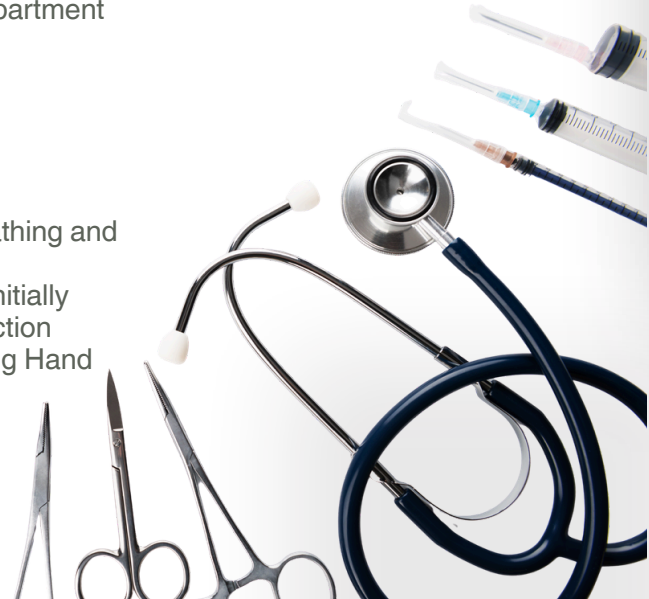


Day of the Surgery

- Bring your home medications
- Arrange a responsible adult escort to take you home
- Do not drive after anesthesia or sedation
- Taxi use is allowed only with an accompanying adult
- A responsible adult must stay with you for 24 hours after surgery
- If staying overnight:
Room availability is after surgery
Pre-op preparation may occur in day-case beds
- Visitors:
Visitors allowed in inpatient department
Maximum two visitors at a time
No overnight stay by relatives

After Surgery

- Ensure an adult assists with bathing and garment application
- Avoid close contact with pets initially
- Follow all wound care and infection prevention instructions including Hand Hygiene



Follow-Up Schedule

- First dressing: 24 hours - 48 hours after the procedure, for wound dressing at the clinic
- First week and second weeks: every 2–3 days for wound checks/dressings at the clinic
- Minimum Follow ups with Dr. Dora:
 - 1st week from surgery
 - 2nd week form surgery
 - 1 month from surgery
 - 3 months from surgery
 - 6 months
 - Annually



Lifestyle Guidance

- Stay hydrated and eat a low-inflammatory diet rich in lean protein, vegetables, and omega-3s
- Avoid smoking, vaping, or nicotine in any form, this compromises healing
- Avoid alcohol for at least 2 weeks
- Take recommended supplements for healing and recovery
- Avoid sugar to reduced inflammation and better healing



Medical Clarification

This document provides a general list of recommendations that form part of the SOMA Protocol.

Each patient must review these recommendations in a personal consultation with Dr. Dora to ensure they are appropriate for their individual medical history, clinical examination, and planned procedure.

Final instructions will be personalized and adjusted accordingly. Avoid any supplements in case of known allergy.

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