

GENERAL SURGERY

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Things You need To Know Before & After Surgery?

Welcome to the August newsletter, as a general surgeon, I am committed to empowering patients with knowledge to navigate their healthcare journeys confidently. This month, we look at things you need to know before and after surgery.

Preparation Starts Before Surgery Day

Whether you are preparing for surgery, supporting a loved one through it or just curious about what really goes on during surgery. Do you think surgery starts the morning you check in? Not quite

Your body begins preparing for recovery weeks before the actual operation. Surgeons urge patients to eat well, stay hydrated and manage chronic conditions beforehand, because your post-op healing depends heavily on your pre-op habits. Controlling chronic conditions reduces the risk of complications like infections, delayed healing or extended hospital stays.

General Surgery News

I pick a topic each month and discuss it in detail on my social media accounts.



Dr. Tendani Muthambi
Specialist General Surgeon



If Something Feels Wrong, Speak Up

That pain, fever or change in your wound? Don't ignore it. We would rather see you for something small than have to operate again because you waited too long. Early action saves lives and organs. Waiting it out or trying to treat it yourself can lead to serious consequences, including wound breakdown, sepsis or irreversible damage to surrounding tissues. The sooner you report it, the better your chances of avoiding a second surgery, prolonged recovery or worse outcomes.

Be Honest With Us: Especially About Smoking or Medications

Hiding lifestyle habits like smoking or skipping medication can seriously increase your surgical risk. Surgeons plan every detail of the operation based on your health profile, but they can only plan accurately if they know the truth.

We are More Than Just "People Who Cut"

Surgeons are problem-solvers, crisis-managers and decision-makers. Every operation is the result of careful thinking, planning and collaboration. From diagnosis to follow-up, we are with you every step of the way.

Skiping Follow-Ups Is Like Walking Out Halfway Through

Once the surgery is over, it is not "job done." Healing continues at home and surgeons monitor that healing closely. Missed appointments may mean missing early warning signs of complications. Don't miss your follow-up appointments.

Final thought



Surgeons care deeply, we remember the patients who came in and left healthy, and we carry the weight of those who waited too long. Behind every incision is a commitment to protect, to heal and to give patients a second chance at life. That is why your honesty, your urgency and your trust matter more than you know.