

**\*Please read entire pamphlet and refer back to this checklist to ensure you understand the content and have everything ready to go before you come into hospital. The checklist is meant as an overview.**

## **Patient's Checklist**

**Your surgeon's office will call you either the day before or the last business day before your surgery to confirm the date, time, and location of your surgery and the time you are to arrive at the hospital.**

**Date of surgery \_\_\_\_\_**

**Time of surgery \_\_\_\_\_**

**What time should I arrive at the hospital? \_\_\_\_\_**

**Report to the Same Day Surgery Unit: (check the location you are coming to)**

☐ **Halifax Infirmary, Level 5 – enter from Robie Street**

☐ **Victoria General, 10th Floor (use Dickson Building entrance before 6:00 a.m.)**

## **NIGHT BEFORE SURGERY:**

- ☐ Follow special instructions from your doctor
- ☐ Do not eat solid food or drink any liquids after midnight
- ☐ Take a shower or bath
- ☐ Do not smoke after evening meal

## **MORNING OF SURGERY:**

- ☐ Take your medications **as instructed by your doctor with a sip of water only**
- ☐ Bring **ALL** your medications in their original containers to the hospital
- ☐ Arrive at the hospital 3 hours before surgery **or the time you were asked to arrive**
- ☐ Provincial Health Card
- ☐ Private Insurance Card
- ☐ CPAP machine (if you have one)
- ☐ Insurance papers that you may need completed for work
- ☐ All other documents as instructed

## **FOR YOUR DISCHARGE HOME:**

- ☐ You must have a responsible adult accompany you home by car and you should make arrangements for someone to be with you at home to care for you for the first 24 hours. If you have small children, make arrangements for someone to help you.
- ☐ Prescriptions (have these filled on your way home).
- ☐ Follow up appointments with your surgeon or family doctor will be discussed with you.
- ☐ Discharge teaching will be completed by your nurse.

# Before and After Day Surgery

## Welcome

This booklet will help you learn how to care for yourself safely before and after day surgery. We hope this booklet is helpful.

### As a day surgery patient you will:

- Come to the hospital on the day of your surgery.
- **Arrive 3 hours before your scheduled surgery time** or as directed by your surgeon's office.
- Have your surgery done in the Operating Room (OR).
- Return home after your surgery.

Date of surgery \_\_\_\_\_

Time of surgery \_\_\_\_\_

**Your surgery may be cancelled if you are late.**

Please come to the Same Day Surgery Unit:

\_\_\_\_\_ Level 5, Halifax Infirmary

\_\_\_\_\_ 10th floor, Victoria General

Delays in the OR may cause a change in your surgery. There is a chance that your surgery could be cancelled if there is an emergency. If this should happen, your surgeon's office will call you to arrange a new date.

You may need some tests before your surgery. This will depend on your general health or the type of surgery you are having. Same Day Surgery staff will contact you to arrange your Pre Operative testing if needed.

## **Getting Ready for Surgery**

### **Please bring with you on the day of surgery:**

- Provincial Health Card
- All of your medications in their original containers (including puffers, patches, injections, creams, and over the counter or herbal preparations)
- CPAP machine (if you use one)
- Walking aids (crutches, canes)
- Braces or slings that you have purchased for your surgery

### **Anesthetic:**

With a general anesthetic, you will be given medication to put you to sleep for your surgery. A regional anesthetic means an area of your body is frozen. Sedation is usually given along with regional anesthesia.

### **If you are having a general or regional anesthetic:**

- Do not eat any food or drink any liquids including water after midnight, unless otherwise directed. Do not eat candy or chew gum after midnight.
- You may take your medications as instructed by your doctor with sips of water unless you are given other directions.

**After a general anesthetic, regional anesthetic, or Intravenous (IV) sedation:**

- You must have a responsible adult drive you home.
- You should have a responsible adult stay with you for the first 24 hours who can look after you.

**For the first 24 hours after your surgery:**

- Do not drive a car or operate heavy machinery for 24 hrs
- **Do not drink alcohol for 24 hours or while taking pain medication**
- Do not sign any legal documents or important papers for 24 hours
- You are not to be the primary caregiver to dependants for 24 hours

**Health and hygiene**

- Call your surgeon before coming to the hospital if you have a fever, cold, or flu-like symptoms.
- Take a complete bath or shower and shampoo your hair the evening before or the morning of surgery.
- The QEII is scent free. **Do not use scented products.**

## **Medications**

If you are taking Aspirin® (ASA) or blood thinners it is very important for you to notify your surgeon at least one week before your surgery. These medications may need to be stopped before your surgery.

Bring all of your medications (including over the counter and herbal preparations) in their original containers with you on the day of your surgery.

## **Smoking**

It is best if you can stop smoking for 2 weeks leading up to your surgery date. If you are not able to do this, please do not smoke after your evening meal, the night before surgery. Smoking can cause more secretions in your lungs, and you could have problems with your breathing after your anesthetic. Capital Health is smoke-free.

## **Food and drink**

- Eat at least 3 good meals the day before surgery and have a bedtime snack. Healthy eating promotes quicker healing.
- **Remember, do not eat any food or drink any liquids after midnight, the night before your surgery.**
- **Do not drink alcohol for 48 hours before your surgery.**

## **Dentures**

You may wear your dentures to the hospital. Just before you go to the Operating Room (OR), you will be asked to remove your dentures and place them in a denture cup labeled with your name.

## **Glasses or contact lenses**

Bring a case to store your glasses when they are not being used. Your glasses will be taken from you just before you go to the OR. They will be returned to you in the recovery area. Do not wear contact lenses. If this is not possible, please bring your lens container and cleaning solutions. Remember to tell your nurse that you are wearing contact lenses. They must be removed before you go to the OR.

## **Hearing aids**

If you wear a hearing aid, bring it and a storage case with you. It will be returned to you in the recovery area after your surgery. Depending upon how much hearing loss you have, you may be able to wear it to the OR.

## **Valuables**

Leave all valuables (jewelry, money, credit cards, cheque books) at home. The hospital is not responsible for the loss of any item.

**All jewelry including toe rings must be removed at home. Any item used to pierce ANY body part such as the nose, belly button, tongue, or ear must be removed.**



## Same Day Surgery Unit

### Pre-operative (Pre-op) preparation

- You will be prepared for the OR in the Pre Op room. We will ask you to change into hospital clothing: johnny shirt, dressing gown, and slippers.
- Your clothes and other belongings will be placed in a locker.
- Your companion can wait with you in the Pre Op area until it is time for you to go to surgery.
- **NO FOOD OR DRINKS ARE ALLOWED IN THE PRE OP ROOM.**

The Pre Op nurse will speak to you to complete your admission paperwork. To meet our patient safety standards, the nurse will ask you several questions that you may have already answered.

### The Pre-Op Nurse will ask you:

- To state your full name and date of birth.
- Have you had any changes to your health recently?
- What are your allergies?
- Do you take any medications, over the counter medications, or herbal supplements
- Which medications did you take today?
- When did you last eat and drink?
- Do you have someone to drive you home and stay with you and care for you over the next 24 hours?

Following the interview with the Pre Op nurse, you will see your anesthesiologist, surgeon, and possibly your OR nurse. Just before leaving for the OR, you will be asked to remove your dentures and eye glasses. These can be returned to you after your operation in the Recovery area.

You will wait in the Pre Op room until it is time for you to go to surgery. Your family may wait with you.

## **Surgery**

### **The Operating Room**

- An OR nurse will interview you and ask you several questions. We ask these questions to meet our surgical safety checklist standards. The OR staff will be dressed in masks, caps, and special clothing to ensure a clean environment.
- The OR is usually cool. You will be given a warm blanket.
- The staff will help you move to an OR bed. A belt, similar to a car seat belt, will be placed around you to ensure your safety.

Before you go to sleep, you will have an intravenous (IV) started.

Several white disks will be applied to your chest and shoulder. This allows the anesthesiologist to check your heart rate while you are under anesthesia.

- Depending on the procedure, a larger pad may be placed on your leg, back, or shoulder. This is a grounding pad, and is another safety measure.

- A clothespin like device, called an Oximeter Probe, will be attached to your finger. It will help the anesthesiologist to measure your oxygen levels during surgery.
- Your surgeon and anesthesiologist will talk with you just before your anesthesia.

### **Waiting room**

A waiting area is provided for a relative/friend while you are in surgery/recovery.

### **Surgical liaison nurse**

The liaison nurse visits the waiting area several times during the day. This nurse will keep your family and friends up to date about our condition and progress. The liaison nurse works Monday-Friday from 9 a.m.-5 p.m.

### **After surgery**

#### **Recovery area**

You will wake up in the Post Anesthetic Care Unit (PACU). Most patients recover from their anesthetic in this area.

**The nurse caring for you in the PACU will frequently check your:**

- Blood pressure and pulse
- Breathing
- Intravenous
- Dressings

Your nurse will also assess your level of discomfort/pain and give you medications as needed.

You may be sleepy, your mouth may be dry, and there may be a small plastic airway in place to help your breathing. You may be given oxygen for a short time.

The patches, placed on your chest for heart monitoring, may still be in place. The clothespin like device attached to your finger may also be in place to measure your oxygen levels.

There may be a small amount of drainage on your dressings. Do not be alarmed as this often happens. Your nurse will watch this and call the surgeon if needed.

The skin around where you had your surgery may be pink. This is normal. It is a cleansing solution used in the OR to ensure your skin is clean before surgery starts.

When you are more awake and comfortable, you will be taken to the post recovery area to get ready to go home.

### **Post recovery area**

Instructions about your care at home will be reviewed with you and your questions answered. Your nurse will discuss with you the routines of your surgeon as applicable. Some of these instructions will include what type of activity you will be able to do when you return home (housework, lifting, driving), appointments for follow-up visits, and prescriptions if needed. You will change into your clothing.

After 6 p.m. weekdays, weekends, or holidays, you will be discharged from the Post Anesthesia Care Unit (PACU). Instructions will be given to you in this area.

## **Going home**

You must arrange for a responsible adult to drive you home from the hospital. When you are ready for discharge, a staff member will call this person. You will not be permitted to walk home or take public transit.

You should have someone at home with you overnight to provide care to you as needed. If you have small children, arrange for someone to help you for a few days if needed.

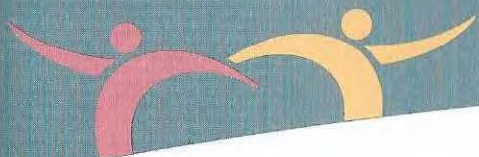
Bring loose fitting clothing, such as a sweat suit and comfortable shoes to wear home. Anything that fits tightly may cause discomfort on your incision. They may be too tight to fit over casts or dressings.

We trust that this pamphlet has helped you. A box for comments is available in the Same Day Surgery Unit. We would like to hear your comments and/or suggestions about this booklet and your hospital stay.

Please use the next page to write down any questions you would like answered.

If you have any questions, please ask.

We are here to help you.



**Looking for more health information?**

Contact your local public library for books, videos, magazines, and other resources. For more information go to [www.library.novascotia.ca](http://www.library.novascotia.ca)

*Capital Health promotes a smoke-free and scent-free environment.  
Please do not use perfumed products. Thank you!*

**Capital Health, Nova Scotia**  
[www.cdha.nshealth.ca](http://www.cdha.nshealth.ca)

*Prepared by: Same Day Surgery Units (VG & HI sites)  
Designed by: Capital Health Library Services, Patient Education Team  
Printed by: Dalhousie University Print Centre*

The information in this brochure is provided for informational and educational purposes only.  
The information is not intended to be and does not constitute healthcare or medical advice.  
If you have any questions, please ask your healthcare provider.

W085-0672 Revised June 2014

The information in this pamphlet is to be updated every 3 years.

2014

# Before and After Day Surgery



Capital Health