Day Surgery

Patient Information Booklet

Pre-Operative Assessment Clinic

For information call 613-721-2000 ext. 2920
Between 8:00 am to 4:00 pm

Monday to Friday (except holidays)

NURS 252-14-09
Your surgery requires you to be in Hospital for 2 or more hours following your operation.

Your date of surgery is:

The day before surgery, call the Queensway Carleton Hospital, Patient Scheduling Department at 613-721-4840 between 11:00 a.m. and 3:00 p.m. to have your admission time confirmed.

Preparing for your surgery

You must follow these rules, if you are to have your surgery on the scheduled date.

1. To ensure your surgery is not cancelled, please follow these instructions after midnight the night before your surgery:

   - Do not eat any food
   - Do not drink any liquids (including water)
   - No candy, gum or lozenges

Eating or drinking can cause you to vomit during anaesthesia and this can be dangerous. **Exception:** You should take your regular prescription medications with a sip of water the morning of surgery. **If you use any inhalers bring them with you. Bring your medications with you to the Hospital.** You should stop:
Other pre-operative instructions:

2. If you are a smoker, refrain from smoking 24 hours prior to surgery.

3. Have a bath or shower before coming to the Hospital for surgery, taking particular care to thoroughly cleanse the area of the body to be operated on. Do not use bath scents or body lotions.

4. The day of surgery, do not wear cosmetics, make-up, nail polish, contact lenses and any jewellery. DO NOT wear any scented products, aftershave, cologne, perfume and deodorant, as many of our staff / patients experience severe reaction to these products.

5. Please bring your Ontario Health Card with you.

6. Do not bring valuables (i.e. jewellery, credit cards, money) to the Hospital. WE DO NOT ASSUME RESPONSIBILITY FOR ANY LOST OR STOLEN ARTICLES.
7. **Do not** drive your car to the Hospital the day of surgery. You must arrange for a responsible person who can drive or accompany you home after discharge. **Your drive must be available throughout the day of your surgery.**

Please indicate the name and phone number of the person taking you home below:

Name: ________________________________
Home phone #: _________________________
Work phone #: _________________________
Cell phone #: _________________________

**NOTE:** If you develop a cold or other illness, notify your Surgeon before your operation.
Jewellery and Body Piercing Removal Prior to Surgery

It is the recommendation of the Queensway Carleton Hospital that all jewellery, including body piercing and wedding rings, be removed prior to surgery.

The known risks of leaving in jewellery or body piercing in place during surgery may include:

- Injury from a burn if the electro-surgical unit is used during surgery.
- An increased risk of infection if the jewellery is near the surgery site. Jewellery harbours bacteria.
- Possible restrictions of blood flow by the jewellery/body piercing from tissue swelling near the surgical site following surgery.
- An increased risk of injury at the jewellery/body piercing if the jewellery or body piercing becomes tangled in the patient gown or sheets during positioning for surgery or when being transferred to the stretcher after the surgical procedure.
- An increased risk of injury during anaesthetic if the body piercing is in the nose, tongue or mouth (these MUST be removed).
Body piercing can be removed by the “body piercing store”.

If you choose to accept these risks and arrive for your surgical procedure with the jewellery or body piercing in place, there is a possibility that your surgery will be cancelled by the Anaesthetist or Surgeon depending on the location of the jewellery/body piercing.

If you choose to accept these risks and decide to keep your jewellery/body piercing for the procedure and the surgery proceeds, it will be documented on your chart that you were aware of the risks and that you will assume the responsibility for any negative outcome.
Arrival at Hospital

Report to Patient Registration on the main floor. Bring your Ontario Health Card with you.

1. From Patient Registration, you will be taken to the Day Surgery Unit.

2. Unfortunately, due to limited space, **no visitors are allowed in the Day Surgery Unit.**

3. You will be required to change into a hospital gown.

4. A Nurse will complete your preparation for surgery.

5. You will talk to your Anaesthetist and Surgeon in the Day Surgery Unit. The Nurse or Anaesthetist will start an intravenous by inserting a small needle into your arm or hand. The medication that puts you to sleep is then given through this tubing.

6. A Ward Assistant or a Nurse will accompany you to the Operating Room.
After Surgery

1. After your surgery, you will go to the Recovery Room for monitoring.

2. The Nurse will check your blood pressure, pulse and operative site frequently.

3. You will have an intravenous (IV).

4. You may have an oxygen mask on temporarily.

5. If you feel any pain or nausea, inform the Nurse. You can be given medication to help this.

6. You will stay in the Recovery Room for a minimum of 30 minutes.

7. You will then be transferred to the Day Surgery Unit. Your family will not be able to visit you until you are ready for discharge.

8. Your escort home will be notified when you are ready for discharge.

9. The Day Surgery Nurse will give you all your post-operative instructions before you leave the Hospital.

10. A Day Surgery Nurse may call you the day after your surgery.
Leg Exercises

You will be drowsy after the surgery, but as you start to wake up we will encourage you to exercise. **The following leg exercises will help to prevent complications.**

Point your toes towards your head, then towards the foot of the bed. Make your feet go around in circles 5 times.

**This is done 4-5 times a day until you are walking.**

Deep Breathing and Coughing Exercises

Take a deep breath in through your nose and blow out through your mouth. Repeat this 3 times. On the third breath, cough 2 to 3 times.

**This is done every 2 hours for the first day and then every 4 hours for the next 1-2 days.**

GENERAL POST-OPERATIVE INSTRUCTIONS

We want your recovery to be safe and as comfortable as possible. For this reason, we suggest that you comply with the following advice:

1. You should have someone with you for the first few hours upon returning home.
2. You should not drive a car or operate machinery for at least 24 hours after the procedure.

3. You should limit activity requiring full concentration: e.g. making important personal or business decisions, as full mental alertness may not return for several hours.

4. You should not drink any alcoholic beverages for at least 24 hours following your procedure as alcohol may influence the effects of the drugs you have been given.

5. You should eat lightly for the first meal following your procedure.

6. You should take it “easy” for a day or two.

7. If you have any problems or are concerned about your condition for any reason, please contact your Surgeon through his/her office or follow the directions on your Surgeon’s message machine regarding reaching another Surgeon.

8. If you are unable to contact your Surgeon or the Surgeon covering his/her practice, come to the Emergency Department of the hospital where you will be seen by an Emergency Physician.
Return Appointment Reminder

DATE: ____________________________

TIME: ____________________________

LOCATION:  □ QCH Admitting Department
            □ Doctor’s office
            □ Other: ____________________________

YOUR DRIVE HOME **MUST**
BE AVAILABLE FOR THE
ENTIRE DAY OF YOUR
SURGERY

Please give these instructions to your
designated driver.

Due to limited space and confidentiality purposes
visitors, including your designated driver, are not
permitted to wait in the Day Surgery Unit. They
are welcome to wait in the main lobby, Tim
Hortons, the cafeteria, or at home.
Please remind your designated driver they are to be available for the entire day of your surgery and to ensure they keep their phone on and ready to receive the call from the Day Surgery Unit informing them of the time to pick you up.

**Pick up information**

The Day Surgery Clerk will call the designated driver with a pick up time as soon as the time has been decided. Please do not call the unit as the Day Surgery Clerk cannot give information out due to patient confidentiality.

When picking up your family member/friend from surgery drive to the James Beach Health Care Centre entrance (see map) and park in the free short term parking. Proceed to the entrance door.

Inside the James Beach Health Care Centre entrance door is a wall mounted telephone on the right hand side with the phone number to the Day Surgery Unit. Please pick up the phone and dial 2912 to let them know you have arrived. You may then return to your car.

Your family member/friend will then be brought out to your car by wheelchair. This may take up to 20 minutes.
James Beach Health Care
West Entrance (patient pickup)

Main Entrance (patient drop off)
Post-operative dressing

1. If you are a Day Surgery patient, you will probably need some sterile dressings and tape at home after your surgery.

2. We advise you to purchase these supplies before your surgery.

3. We suggest that you get a small package of sterile 4” X 4” gauze pads and a roll of tape at the drugstore before your surgery.

4. If you are having a D&C, you should buy some sanitary pads for when you return home.

5. Other:________________________________________

If you have any questions about the dressings, please check with your Nurse in the Pre-Operative Assessment Clinic.
Pain Scale Ruler

What is a pain scale ruler?
A pain scale ruler is a simple tool to measure how much pain you are having. Each Nurse will use this ruler to measure your pain.

Why do we measure your pain?
We measure your pain frequently so that we can be sure your pain medication is working.

What does a pain scale ruler look like?
One side of the ruler has numbers from 1 to 10. The other side has colors from white to deep red (shown here in shades of grey).

How does our pain scale ruler work?
Our ruler measures pain in two ways – by number or colour.

By number: the ruler is numbered from 0 to 10, with 0 being no pain and 10 being the most severe pain you can imagine.

By colour: the ruler is coloured from white to deep red being the most severe pain you can imagine. (Shown in this example as shades of grey).

The Nurse will show you the ruler and ask you to choose a number or colour.