

# Guide for Surgical Patients

**Please bring this Booklet as well as completed Anesthesia Questionnaire with you to the Pre-Op Appointment**

## PRE OPERATIVE CLINIC

The hospital will notify you of your surgery date and pre-operative clinic appointment. If you require a physical by your family doctor you will be instructed to do so.

PRE-OPERATIVE CLINIC APPOINTMENT	
DATE:	_____
TIME:	_____

## PARKING

Patient, visitor and handicapped parking is available in the main parking lot.

- All vehicles entering the parking lot will need to take a ticket at the entrance. Payments can be made at the Pay Machines (credit cards, bills, coins + dispense change) or in the Exit lanes (credit card only).
- Pay machines will be located in the front lobby.
- Should you experience any issues while entering or exiting the parking lot or paying for parking, there is a CALL button you can push for assistance.

**Parking Rates:** \$3.00 per hour  
\$7.00 per day

**You may need to be at hospital for several hours** as it is unpredictable how long the appointment will be as you will see the nurse for an interview and may also see the anaesthetist and/or have some tests done.

Please enter the hospital by the front entrance and register at Central Registration.

The Registration Clerk will guide you to where the nurse will meet you.

**The nurse will ask about your regular medications prior to and on the day of surgery including insulin, blood pressure pills, herbal and over the counter medications, etc. Please bring medications or an up-to-date list from pharmacy.**

# Guide for Surgical Patients

## DAY OF SURGERY

**SURGERY DATE:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_

**Please call one business day before your surgery between 10:00 a.m. and 2:00 p.m. at 705-526-1300 extension 5247 to confirm time of arrival.**

**\* Please enter through the Main Entrance of the Hospital and report to the Receptionist to register indicating you are here for the Operating Room.**

(Note that arrival time is not the time you are having your surgery. All surgical times are subject to change. Emergency procedures are given priority which means that plans change with little notice. We will keep you informed. There is always a remote chance that your surgery may not be done on the scheduled date and may require rebooking.)

- You must not eat or drink anything after midnight the night before your surgery. Not even a drink of water, any chewing gum or candy.
- Two pieces of ID, one of which is your health card (ID must have name & address i.e. drivers licence, Ontario photo ID), and your preferred accommodation information (i.e. insurance coverage for private or semi-private room).
- Bring all your regular medications to hospital in their original container including inhalations, eye drops etc.
- Leave valuables and money at home.
- Bring your glasses and case if necessary.
- Remove all nail polish and makeup. Do not apply any lotions, fragrant soaps or perfumes. All piercing and jewellery must be removed.
- Risks of failing to remove jewelry/body piercing prior to surgery include:
  - ◆ Potential infection from microorganisms on or around the jewelry
  - ◆ Potential burns from the use of electro cautery
  - ◆ Potential injury to the patient/staff from patients lying on the jewelry, or the jewelry getting dislodged or tangled in linen or tubes
  - ◆ Potential harm to patients or staff if the jewelry has sharp edges
  - ◆ Potential for loss of the jewelry or parts of it
  - ◆ Any facial or tongue jewelry has added potential for risk during airway management and or intubation.

# Guide for Surgical Patients

- Please shower or bathe with soap prior to surgery.
- For your comfort and safety wear comfortable loose-fitting clothing and flat soled, non-slip walking shoes.
- For discharge, you must be accompanied by a responsible adult. The nurse can call your escort and arrange for time of pick up. Discharge escorts must report to the receptionist at the main entrance of the hospital.

## IMPORTANT

- If for any reason you cannot keep your appointment call your surgeon.
- If you must cancel the evening, night or weekend prior to surgery, please notify the Hospital at 705-526-1300 (Hospital Supervisor) or the O.R. Scheduling Department Monday to Friday (excluding holidays) 8:30 a.m. to 3:30 p.m. at extension 5247.
- No recording devices; cell phones; cameras of any kind permitted in the Surgical Department.

Notes :

---

---

---

## TAKING CARE OF YOURSELF BEFORE SURGERY

This booklet will give you information on ways you can prepare for your surgery. There are activities that you can do to promote good physical health prior to surgery. This may lead to an easier and shorter recovery period.

### NUTRITION

It is important to eat nutritious foods such as fruits, vegetables, and food containing protein. Eating a well-balanced diet may help you feel better, help wound healing and prevent infection. This may decrease the amount of time that you will need to spend in hospital. In addition to these benefits, eating a well-balanced diet may help you feel better overall.

### EXERCISE

As we all know, physical exercise promotes a sense of well-being and decreases stress and fatigue. If you are used to exercising, then you may continue to do this up to the day of your surgery (unless your doctor has told you not to). Ask your doctor when you can resume exercising after your surgery.

### RELAXATION

Learning ways to relax before a stressful event may help you deal with any anxiety that you may feel. If you are feeling stressed or anxious, it is important to talk to your doctor or nurse.

# Guide for Surgical Patients

## **SMOKING**

We suggest strongly that you quit smoking as soon as possible preferably four weeks before your surgery. This will help wound healing and lung function. Please refrain from smoking including marijuana etc. on the day of surgery.

## **ALCOHOL**

It is important not to drink alcoholic beverages including wine and beer for at least 24 hours before your surgery.

## **PLAN AHEAD**

You should arrange for a responsible adult to accompany you home and please bring that information to hospital the day of surgery. You need to arrange help once you are at home for such things as care of children, grocery shopping etc. If you think you might have any special needs with your personal care, please talk to the nurse at pre-operative clinic. Ask your doctor when you can plan on returning to work.

## **LEARNING**

You will be given an instructions pamphlet at pre-operative clinic about your care at home after surgery. Please read the pamphlet at home. Before your surgery, the nurse will review it with you and give you opportunity to ask any questions before you go home.

## **DAY OF SURGERY**

### **VISITING**

There is a waiting room where your family or friends can wait during your operation. Be sure you or your family has let your doctor or nurse know where they can be located. While waiting, if your family has concerns or questions, they should contact switchboard and switchboard will contact the nurse. Your family may visit if you go to a hospital room. For very young children, one parent should stay with the child through the preparation and remain available in hospital during the surgery.

### **OR GOWN AND ATTIRE**

You will be given a hospital gown, robe and paper slippers to wear to the operation room. All gowns fasten in the back. Your hair must be covered by the bonnet, no hair clips please.

### **I.V.'S**

You will be given fluids and some medications through the blood vessels using an intravenous (IV) solution, which is started by the nurse or anaesthetist.

### **VOIDING AND ELIMINATION**

You must urinate (empty your bladder) before going to the operating room to prevent your bladder from becoming full during surgery. In some kinds of surgery, a catheter (rubber tube) is used to drain urine from your bladder.

# Guide for Surgical Patients

This may be inserted before, during and/or after surgery if required.

## **MEDICATIONS**

The anaesthetist and/or surgeon may prescribe some medication to be given before the surgery. Some of those medications are meant to decrease post-operative pain.

## **SELF CARE AT HOME**

While you are waiting for your surgery, the nurse will review any questions you have about your care at home instructions pamphlet that you received at pre-operative clinic.

## **IN THE OPERATING ROOM**

In the operating room you may notice many different types of equipment. They are not necessarily all needed for your operation. There will also be a team of people in the operating room: your surgeon, other doctors who work with your surgeon, an anaesthetist and nurses.

Before your surgery starts the team will review once again the information about you and your surgery. This is called the Surgical Safety Check List. If you do not agree with any of this information or want to ask a question you should speak up now.

The anaesthetist will start your anaesthesia. There are three main kinds of anaesthesia: general, spinal and local. General anaesthesia will put you to sleep. Spinal and local anaesthesia will numb only part of your body. Sedative medication may also be used to help relax. You will receive the type best for you, depending on your health, type of operation and the decision made by you and the anaesthetist.

## **RECOVERY ROOM**

You will be taken to the recovery room after your surgery. As you begin to awaken you may hear one of the nurses calling your name and telling you that your operation is over and remind you to deep breathe. Your pulse, blood pressure etc. will be monitored and you will be kept warm. You may have an oxygen mask on until you are more fully awake.

The post-operative pain and/or nausea will be managed by medications given through the intravenous by the nurse.

The amount of time you stay in the recovery room varies according to the type of surgery and anaesthesia you have and your progress during recovery. For some types of surgery, it is routine for patients to go to the ICU after the operation.

## **POST OPERATIVE CARE**

The nurses will continue to check your temperature, pulse, respirations and blood pressure. Nurses will also check the bandage over your incision and any tubes you may have.

If you feel any discomfort or nausea, the nurse can give you some medications. If you tell the nurse as soon as you feel uncomfortable, the medicine will bring relief more quickly and effectively.

# Guide for Surgical Patients

Some activities are very important to help you recover more quickly:

Deep breathing and coughing exercises improve lung function. You may be given an spirometer to help with this.

Leg and foot exercise and moving in bed increase circulation. These exercises along with medications that you may be given will help to prevent blood clotting.

Your mouth and lips will probably feel very dry and you may have a sore throat. The dry mouth and sore throat are due to the drying out effect of some of the medications, and from the tube used to help you breathe during your surgery. You will be given ice chips and or small amounts of a fluid to drink as appropriate.

You may notice that the solution used to prep has coloured your skin. This should wash off after a few days.

If you were given spinal anaesthesia, you will feel numb from your waist down to your toes and at first you will not be able to move your legs and feet. The nurses will frequently ask you to wiggle your toes or move your legs. This may last for several hours, and varies from person to person.

When the numbness wears off you will need assistance to stand and to empty your bladder. With any anaesthesia and medications your abilities and alertness are affected. You will require assistance until you are more alert.

## DISCHARGE

**You must be accompanied by a responsible adult.** The nurse can call your escort and arrange for time of pick up. Discharge escorts must report to the volunteer desk or receptionist at the main entrance of the hospital.