



Pre-operative information for patients awaiting inpatient surgery

Patient information Leaflet

June 2019

Introduction

This booklet contains information which will help you prepare for your forthcoming surgery. Please ensure that you read the information carefully.

When will I next hear from you?

If you have not already received a date and time to come in for your procedure, you will receive a letter in the post.

If you become unwell, develop a **cough, cold, diarrhoea, vomiting** or **cannot attend** for any reason, **please inform us as soon as possible**. This will allow another patient to benefit from your cancellation. The number will be on your admission letter.

On the day of your operation you should book in at the Reception of the Admission Area located in the Day Surgery Unit on the 1st floor of the Hartshead South building.

Please bring in with you:

- Dressing gown & slippers
- Night clothes
- A change of clothes to cover the length of time you are expected to be in hospital
- Toiletries
- All your regular medication in it's original packaging (please bring with you enough medication to cover the length of time you are expected to be in hospital) and your most recent prescription from your doctor.
- Puzzle/reading books to help you pass the time

Due to a lack of storage on the Admission area, where possible patients are requested to bring in minimal belongings on admission i.e. dressing gown & slippers. Following your surgery and transfer to the ward we ask that your visitors bring the remainder of your belongings with them when they visit you in the evening.

Please **do not** bring any valuables with you, as we have no lockable storage. Please **remove all** nail varnish, gel/acrylic nails, make up, false eyelashes and any body piercings/jewellery.

Fasting Instructions

Before admission please follow the fasting instructions set out below:

The Day Before Your Procedure

- You should eat normally, but avoid large fatty meals
- No alcohol is allowed for 24 hours before your procedure

Fasting on the Day of your Procedure

Early Morning Admission for Morning Procedure List:

- **You MUST NOT have any food after 2.30am** (this includes chewing gum and boiled sweets)
- No smoking on the day of your admission (this includes E Cigs)

Unless you have been reviewed by an anaesthetist and given different instructions.

- **You may have clear non-fizzy drinks up to 6:30am** on the morning of your operation/ procedure. This includes water, squash or clear fluid without bits, black tea/coffee – **NO** milk or milk products are allowed.
- Please ensure you **take your medications before 6.30am**.
- **DO NOT take any medication you have been advised to stop by the Pre-op Team or Anaesthetist.**

You should have nothing by mouth after 6.30am on the day of procedure.

Lunchtime Admission for the Afternoon Procedure List:

- You **may have** a light breakfast (such as toast or continental breakfast, or a small bowl of cereal). You **MUST NOT have any food after 7.30am** (includes chewing gum and boiled sweets).
- No smoking on the day of admission (this includes E Cigs)

Unless you have been reviewed by an anaesthetist and given different instructions.

- **You may have clear non-fizzy drinks up to 11.30** on the morning of your operation/procedure. This includes water, squash or clear fluid without bits, black tea/coffee – **NO** milk or milk products are allowed.
- Please ensure you **take any medications due at lunchtime before 11.30am**.

- **Do not take any medication you have been advised to stop by the Pre-op Team or Anaesthetist.**

You should have nothing by mouth after 11.30am on the day of procedure.

Medication Instructions Prior to Surgery.

Please do **NOT** take the following medications on morning of surgery.

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Other Advice

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Please note: If you require simple painkillers following your surgery (Paracetamol, Ibuprofen, CoCodamol 8/500), the hospital will not supply these. These medications can be purchased over the counter and you must ensure you have a supply of painkillers at home before coming in for your surgery.

Do I need to do anything in preparation for my surgery?

Smoking and Alcohol

Smoking prior to surgery delays wound healing and increases your risk of developing chest complications during and after surgery, not to mention increasing your risk of long term chest problems. Prior to hospital admission we advise that you stop smoking at least 2 weeks before and for at least 6 weeks after. If you require assistance with stopping smoking prior to surgery please visit your GP for advice.

Tameside Hospital is a non smoking site, both in the building & grounds.

Alcohol intake should also be reduced prior to admission and for around 6-8 weeks after. If your intake is excessive please inform clinic staff or visit your GP.

N.B. Your procedure may be cancelled if you have had alcohol or smoked (including E Cigs) on the day of your surgery.

Keeping warm when in hospital

It is important to keep warm prior to your operation as this will help you to lower your risk of complications. As the hospital may be cooler than your home, please pack additional clothing such as vests, cardigans, dressing gowns to help you to keep warm. It is also important to tell staff if you feel cold during your hospital stay.

Orthopaedic Patients Only

Rashes, scratches, wounds and scabs

Due to the increase risk of infection, it is important that you inform us immediately if you develop a rash, scab, wound or scratch on any part of your body, as your surgery may need to be postponed. Please inform the booking team on:

Mr Bari/Mr Chirputkar/Mr Naim: 0161 922 4259

Mr Ebezie/Mr Obeid/Mr Thalava: 0161 922 6351

Miss Crawford/Mr Pervali/Mr Prasad/Mr Swaminathan/Mr Jamil/Mr Somanci: 0161 922 5506

The Day of your Operation

On arrival

On arrival to the unit you should book in at the Reception, please tell staff of any changes to your personal details.

Please be advised that whilst relatives/friends will be able to stay with you in the waiting room, **they will not be able to accompany you into the admission waiting area** when you are called to get changed ready for surgery.

The admission staff will give you the units contact telephone number and an approximate time as to when to phone later for information. A restaurant and cafes are available – please ask Receptionist for details.

How will the day be organised?

We allocate a nurse to each patient and they will introduce themselves when you arrive. You will be admitted by a member of the nursing staff. They will complete any

relevant nursing documentation following on from your pre-operative assessment.

The operating lists can be all day lists, morning or afternoon only. We will have asked you to come to hospital at a particular time in order to prepare you for your operation. However, sometimes things change – an emergency may take priority on the operating list or a piece of equipment may become unavailable until a certain time (e.g. specialist x-ray equipment) – so we cannot guarantee the exact time of your operation. We will try to keep you informed if there are any changes or delays.

If at any point you have any questions regarding your waiting time, please ask a member of the nursing team, who will find out the information for you.

Your surgeon or one of his/her team will explain the proposed procedure and associated risks/complications. If not already completed in clinic, you will then be asked to sign a consent form confirming that you are happy to proceed. Depending on the type of surgery, your skin may be marked to highlight the operation site. You will also meet your anaesthetist who will discuss the type of anaesthetic, the drugs and pain relief they intend to use.

After the operation

Immediately after your operation, you will be taken to the recovery room. Following initial observation you will be transferred directly to the ward where you will remain until you are discharged. Discharge home can be as early as the following day. Patients who are having a total hip or knee replacement usually stay for 1-3 days.

Once on the ward the nursing staff will continue to monitor your recovery closely checking your observations, wound site and any drains or urinary catheters you may have in situ.

Mobilisation

Following your surgery you will be encouraged to mobilise as soon as possible as this has been shown to promote a faster recovery and helps to prevent the complications associated with prolonged bedrest and reduced mobility. The staff on the ward will assist you to sit out of bed a few hours following your surgery if required.

It is important that you set yourself your own personal goals to achieve each day, as this will encourage and motivate you and aid your recovery.

Diet and Fluids

It is important that you eat and drink as soon as you are able, we may monitor your food intake to ensure you are eating and drinking enough to help your recovery.

Sickness

Sometimes people experience feeling of being sick after an operation. If you do develop such symptoms please inform staff and they can give you some medication to help relieve this.

Pain

You will be given regular medication to control the pain, which will be prescribed according to your requirements. It is important that you inform staff if you are experiencing pain and it is not relieved by the medication provided as adjustments can be made.

Doctors review

You will be seen by a doctor each day you are in hospital. They will be monitoring your progress and condition, ordering regular blood tests and any other investigations you may require.

Surgical Wound Infections

What are surgical wound infections?

Germs naturally live in our bodies and our environment, most are harmless and can be useful. The skin normally prevents germs from entering the body, but in areas where there is a break in the skin this can allow harmful germs to enter and cause infection, but most surgical wounds heal up rapidly without any complications.

When can these infections develop?

An infection can develop at any time until the wound has healed, length of time for healing depends on the type of surgery you have had. Very occasionally an infection can occur several months after the operation. Most surgical wound infections are limited to the skin, but can occasionally spread to deep tissues. Infections are more likely to occur after surgery on parts of the body that harbour lots of germs, such as the gut.

How the wound will be monitored whilst in hospital

During your stay in hospital, the nurse who changes your wound dressings will check for any signs of infection. If you are concerned about your wound, inform the nurse or doctor who is looking after you. Surgical wound dressings should be left dry and untouched for a minimum of 48 hours post-operatively to allow the first stage of wound healing to occur, unless otherwise clinically indicated. Please do not remove your dressings, or touch the wound or wound drain. You could accidentally transfer germs from your hands to your wound. Hand washing is the simplest and easiest way of preventing the spread of infection and disease. It's ok to ask staff if they have cleaned their hands before they examine you.

Wound advice after your operation – bathing and showering

You may shower safely 48 hours after surgery. Showering is preferable to bathing. You are only to take a bath if you are sure you can keep the wound dry. Some waterproof dressings can be left in place whilst taking your bath or shower, however other dressings may need to be removed. Try to avoid putting any soap, shower gel, body lotion, talcum powder or other bathing products directly onto the healing wound.

Make sure you take care and pat the wound gently with a clean towel after bathing and showering.

Signs of infection, what to look for

An infection can develop after you leave hospital, please be aware redness and swelling is expected after surgery, as this can be part of the normal healing process. If you however develop any of the following symptoms, you may have an infection.

- Increased swelling
- Heat/increased redness
- Increased pain or discharge of fluid or pus

- If you genuinely feel unwell or develop a temperature

If you develop a problem with your wound, please contact your GP, practice nurse or district nurse, unless you have been advised to contact the hospital, as treatment may be required.

If you have any questions you want to ask, please feel free to ring the nurses in Admissions on 0161 922 4795 (8am to 6pm), or you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی بھدی اہی تھہ پڑتے ہا بھڑتے نا پائےن، تہڑے انوگرھ کرے ا تھنیک ہلڈہ ڈیمےر سادھ ٹےلیفونے یوگااےوگ کرنن 0161 331 5149/5150 اہی ناہارے، تھن تارا آپناکے ساہیا کراتے پارے۔

آپنا آپنا آہا تھیتی پانہی ڈ ناہارے ہاڈا تھیتی تہ ڈھیا ڈہی، اہتھیتی ڈہتھ تیٹاٹہ
0161 331 5149/5150 تانہر پھر ہانڈ ناہارے تہنا آپنا ڈنہر ڈہتھ۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی ہتھنک ہیلٹھ ٹیم کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

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