



# Pre-operative information for patients awaiting surgery on Day Surgery Unit

## 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.

If you are having your procedure under General Anaesthesia you **MUST**:

- Be collected from the Day Surgery Unit by a responsible adult.
- Go home by taxi or car. You should not travel by public transport home because you will still be recovering from the effects of your operation and anaesthetic.
- Arrange for a responsible adult to remain at home with you for the first 24 hours after your operation.
- Take the day after your operation off work.
- Ensure you have a responsible adult to care for your dependents for 24hours.

If you are having your procedure under Local Anaesthesia, it is not essential for you to be collected, but it is advisable.

## Will I need to stay in hospital overnight?

Most patients are discharged home the same day. There are some day-case patients who need to stay overnight and are discharged the following day. Your length of stay will depend on the procedure you have had and also how your recovery progresses.

An overnight stay within the day-case unit may be required:

- If it is too late in the evening for you to go home.
- If you require assessment and input from the physiotherapy services outside of normal working hours.
- If extra pain relief is needed after surgery as further monitoring is required to ensure that the pain medication is working.
- If you are having a General Anaesthetic and have no one to take you home or stay with you overnight.

You will be informed if it is expected you will require an overnight stay. Where it is decided that you will be kept in overnight, your relatives are welcome to visit from 6.30pm. Unless you need to be seen by the medical team the following morning, we ask patients to be collected early (7am) the next morning – if this is not possible then you may be asked to wait in the discharge area until you are picked up.

If your surgery is prolonged, complicated or there are unexpected problems you may need to stay overnight on a hospital ward. This would result in you being transferred to a more appropriate setting for patients requiring a longer stay in hospital.

## When will I next hear from you?

If you have not already received a date & 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 letter.

**On the day of your operation you should book in at the Reception of**

**the Day Surgery Unit located on the 1<sup>st</sup> floor of the Hartshead South building.**

**Please bring in with you:**

- A dressing gown and slippers.
- A book/magazine/something to help to pass the time
- A list of your medication and bring any inhalers, GTN spray or Insulin.

**If you have been told an overnight stay is necessary, please also bring:**

- Night clothes
- Toiletries
- All your regular medication (please bring with you enough medication to cover the length of time you are expected to be in hospital)
- Puzzle/reading books to help you pass the time

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.

There is no need to shave the area to be operated on.

## **Fasting Instructions**

Before Admission please follow the fasting instructions 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.

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. It is 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 Ebizie/Mr Obeid/Mr Thalava: 0161 922 6351

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

## **The Day of your Operation**

### **On arrival**

On arrival to the unit you should book in at the Reception, please tell the 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 main ward area** when you are called.

Your escort can take the units contact telephone number and an approximate discharge time from the nursing staff 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 either in an admission room or on the ward area. They will complete any relevant nursing documentation following on from your pre-operative assessment. Please inform the nurse if you require a fit for work (sick) note.

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 back to the Day Surgery Unit.

The nurses will assess your progress regularly, ensuring that you have eaten, are drinking and have passed urine. When you are ready to go home, you will be given post-operative advice and information specific to your procedure along with contact telephone numbers in case you have any concerns once you get home.

If you require a follow up appointment in Outpatients Clinic, this will be requested by the Nurse and you will receive an appointment letter in the post.

If you have sutures (stitches) or skin clips that require removal or your Surgeon has requested a 'wound check', a referral to the District Nursing team will be completed. The nurse will explain all this to you before you go home.

### **Once you are at home**

For the first 24 hours at home, **DO NOT**:

- Drive or operate machinery
- Look after small children,
- Use a cooker,
- Ride a bicycle,
- Sign any legal documents
- Engage in any activity requiring skill or judgement.
- Take sleeping tablets
- Drink alcohol.

## **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.

## **Wound advice after your operation**

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.

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 Day Surgery Unit on 0161 922 4917 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

