

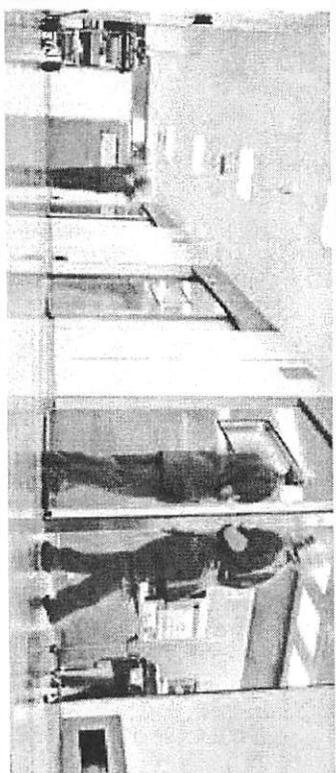


Daycare

Surgery

Island Health Surgery Resources





Preparing for Surgery

About this booklet

This booklet was developed with input from doctors and health care providers. It provides general information to help you prepare for your surgery and recovery.

Please read this booklet as soon as you get it!

If your surgeon or nurse gives you information that is different than what is in this booklet, please follow their directions.

Please note that the information in this booklet is current as of the date printed on it.



Just before surgery

Your surgery

Please be on time the day of your surgery.

Sometimes your surgery may be earlier or later than planned.

Sometimes surgery dates and times need to change.

If this should happen, you will be given as much notice as possible and your surgery will be rebooked.

If your symptoms change or worsen at any time during your waiting period:

- Call your family doctor, or
- Ask someone to take you to the nearest Emergency Department, or
- Call 911.

Going Home

You should be ready to go home 2 to 3 hours after your surgery. You might stay longer or go home sooner.

Your nurse will help you get ready to go home.

You must have a responsible person take you home (by car or in a taxi). You cannot drive yourself or go home alone in a taxi or on the bus.

• Name of your surgery:

• Hospital:

• Date of your surgery:

• Admission (check-in) time:

• Time of your surgery:

• Likely length of hospital stay is ____ days. You might go home earlier or later, depending on your recovery.

Daycare surgery checklist



Before surgery I will:

- Attend the Preadmission Clinic (PAC) appointment (if required).
- Continue taking all prescription medications as usual, unless told not to by my Anesthesiologist, Surgeon, Preadmission Nurse or other specialist.
- Stop taking other medications if my Anesthesiologist, Surgeon, Preadmission Nurse or specialist told me to.
- Make arrangements for someone to:
 - Bring me to the hospital the day of surgery _____
 - Take care of my personal items (e.g., IPAD, wallet) while I am in surgery.
 - Take me home (by car or taxi) when I am discharged.
 - Stay with me overnight, for at least 1 night, after my surgery.
 - Help with household chores (grocery shopping, laundry, etc.)
 - Help with pets, if needed.
- Prepare my home for after surgery (groceries, equipment or supplies I might need).
- Stop eating and drinking as directed.
- Wash my hair and body the evening before surgery and the morning of surgery.
- Wear loose-fitting clothing that is easy to get on and off, and low-heeled, sturdy shoes.
- Arrive at the hospital at the time that the hospital or my surgeon's office has told me.



What to bring:

- BC CareCard or proof of substitute Medical Insurance Plan, or another form of personal ID.
- An interpreter, if I do not understand English.
- A list of current medications I am taking and the dosage
- Any immobilizers, air casts, splints or other devices that I have been told by my surgeon that I will need to have put on in the operating room.
- Any crutches, canes, braces, walker or other equipment that I have been told by my surgeon that I will need, labelled with my name.



What NOT to bring:

- Personal items, such as wallets, purses, money, valuables and credit cards.
- Prohibited items, such as illegal drugs, weapons (such as firearms and knives), alcohol and lighters.
- Large electrical appliances, such as portable stereos or fans.



What NOT to wear to the hospital:

- Jewelry and body piercing items.
- Make-up, false eyelashes, hairpins, deodorant or talcum powder.
 - It is ok to wear face cream and acrylic nails.
- Perfume, aftershave or other scented products.
- Dark-coloured or metallic nail polish.
 - If you are having surgery to an arm or leg, nail polish must be removed from that limb before coming to the hospital.



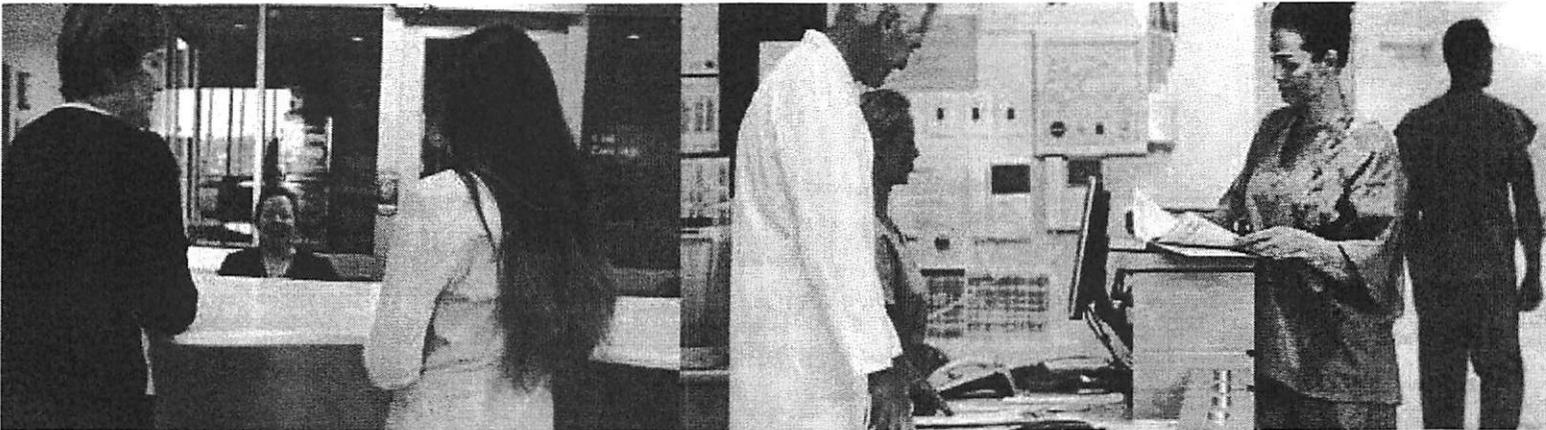
Pre-Admission Clinic

The purpose of the Pre-Admission Clinic (PAC) is to make sure you are prepared for surgery before you are admitted to the hospital. You will either be asked to attend a PAC appointment in person, or you will receive a phone call the week before your surgery date.

Please bring an interpreter if you do not understand English.

The PAC helps make sure that you:

- Are medically fit for surgery.
- Are aware of the instructions to follow to prepare for surgery.
- Have made all the needed plans for your recovery.
- Are informed about what to expect before and after surgery.



Blood work and tests

You may need to have blood tests or other tests done. It is helpful to have all your tests done at an Island Health Lab. This makes it easier and faster for the hospital to get the results. If you have your blood work done at another lab, get a printed copy of it, and if you have a PAC appointment bring it with you.

Appointments with other specialists

Some people need to see specialists (e.g., diabetes doctor, heart doctor) before surgery. Others are asked to take part in research.

If either of these apply to you, your surgeon, family doctor, or hospital will make arrangements and let you know.

You will want to take a list of your allergies, medications (including vitamins, and herbal supplements), copies of recent test results, and any special protocols you may have regarding your health care needs.

What to do if you are not feeling well before surgery

In the week before your surgery, phone your surgeon's office if you:

- Are not feeling well.
- Have a cough, cold or fever.
- Have a scratch, pimple or open area on the skin around the surgical area.
- Have an infection or open area around the surgical area.
- Have had a recent infection, including dental (teeth or mouth), bladder, or skin infection.



- Appointment with:

- Date and time:

- Location:

- Appointment with:

- Date and time:

- Location:

- Appointment with:

- Date and time:

- Location:

Stopping medications

- Most medications can be taken as usual, up to and including the day of surgery. However, there are some medications that should be stopped before surgery to lower the chance of complications.
- Your Surgeon or Anesthesiologist will determine when you should restart your medications after surgery.
- If you take any of the following medications (or if you have a coronary stent placed in your heart), you must get specific instructions from your Surgeon **at least 10 days before surgery:**



	Type of Medication	Directions
	Insulin	
	Anticoagulants (e.g., Coumadin [warfarin], Heparin, dabigatran [Pradax®], rivaroxaban [Xaralto®].)	
	Antiplatelet medication (e.g. clopidogrel [Plavix®], Ticlid®, prasugrel, acetylsalicylic acid ([ASA, Aspirin®].)	
	Birth control pills and Hormone Replacement Therapy (HRT)	

Stopping medications

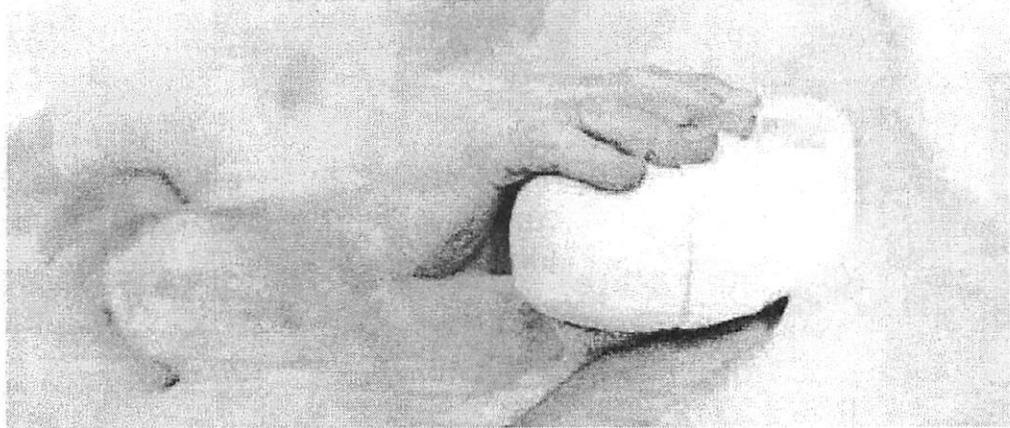
- **7 days before surgery:** Stop taking Vitamin E and all natural health products and herbal remedies (e.g., Garlic, Gingko, Kava, St. John's Wort, Ginseng, Dong Quai, Glucosamine, Papaya, etc.)
- If you have a Preadmission Clinic appointment, you will get more directions about stopping medications there.
- **The day before surgery:** Stop taking regular vitamins and iron supplements.
- You can take all allowed medications with 30 ml (1 oz) of water per pill up to one hour before surgery.
- You may take Acetaminophen (e.g., Tylenol®) for pain, when needed, up to and including the day of surgery.



			
	Medications I need to take before my surgery	Dose	Time



Cleaning your skin



Cleaning your skin before surgery helps to remove germs on the skin and prevent infection. It also helps incisions heal.

- Do not remove any hair from the surgical area for at least 1 week before the surgery. If hair removal is needed, it will be done after you check-in.
- **If you are having a procedure where you will NOT have a skin incision** (e.g., eye, inner ear or dental surgery), shower or bathe and wash your hair the evening before or the morning of surgery using your usual soap and shampoo.
- **If you are having any other type of surgery**, buy 2 antibacterial CHG (Chlorhexidine) 4% body sponges and follow the directions on the next page.
 - If you are allergic to CHG or have extensive psoriasis or eczema, follow the directions below using regular soap and water.
 - You can buy CHG 4% sponges at most hospital gift shops and at most pharmacies.



Skin care

The EVENING before your surgery

1. Wash hair with usual shampoo, and rinse.
2. If showering, wet all of the body then move the showerhead to the side to minimize soap loss during lathering with CHG sponge.
3. If bathing, place a minimum amount of water in the tub so that the body can be soaped with the CHG sponge without washing away the suds. Sit down in the bath and be careful not to slip.
4. Open one CHG sponge and wet with a little water. Squeeze repeatedly to produce suds.
5. Wash body from neck to feet using the sponge. Avoid contact with the eyes, inside of the ears, and mouth. If CHG gets into the eyes, rinse well with water.
6. Carefully wash the surgical area, armpits, navel, feet and in between toes (be careful not to slip) and back. Finish with genital and anal areas. Do not rinse until your entire body has been washed and lather has been on skin for at least 2 minutes.
7. Throw the sponge away in the garbage.
8. Rinse the body thoroughly under the shower or in the bath.
9. Use a fresh, clean dry towel to dry the skin from head to toe, finishing with the genital and anal areas.
10. Do not apply deodorant, body lotion, cosmetics, or powder afterwards. Dress in clean clothes. Do not put on any jewelry.



Skin care

The MORNING of your surgery

1. The morning of surgery, repeat steps 2-10 from the night before.



Eating and drinking before surgery

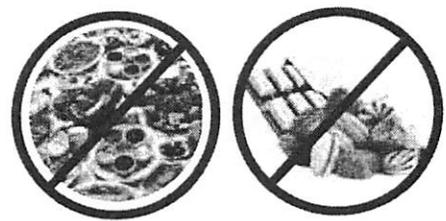


Eating a healthy diet is a major factor in how well you will recover from surgery.

Limiting what you eat and drink before surgery (known as fasting), helps keep the stomach empty during surgery. This helps prevent vomiting, which could cause choking, and prevents vomit from going into the lungs, leading to pneumonia.

If your surgeon does not give you directions for fasting, follow the directions below. **Your surgery will be postponed if you do not follow fasting instructions.**

- **NO SOLID FOOD** after midnight on the night before surgery. This includes chewing gum and sucking on hard candies.



- **DRINK CLEAR FLUIDS** starting the evening before your surgery until 3 hours before your surgery time.



- **STOP DRINKING CLEAR FLUIDS** 3 hours before your surgery time.



Clear Fluids Include



Water



Clear tea or
black coffee



Fruit juice
without pulp



Carbonated
drinks
(pop)



Popsicles
made of
flavoured water
or fruit juice
(with no fruit or
pulp in it)

1

At Least:
800ml
(27 ounces;
3 cups)



Until midnight
the night **BEFORE**
your surgery

2

No more than:
400ml
(13.5 ounces;
1 1/2 cups)

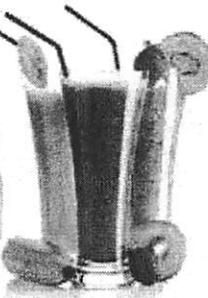


Up to 3 hours
BEFORE your
surgery time

Clear Fluids DO NOT Include



- Milk
- Non-dairy creamer
- Dairy beverages



- Protein beverages
- Tomato juice
- Juices with pulp



- Alcoholic beverages
- Diet drinks





Admission to hospital



Front desk

Check in at the front desk. You will have a hospital ID band put on your wrist. You will wear the ID wrist band during your stay; please do not remove it.

You will be directed to the surgical admission area.

Surgical admission area

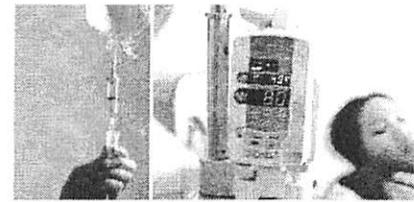
In the surgical admission area you will:

- Be asked to change into a hospital gown.
- Be asked to sign your Consent form (if you have not already done so).
- Receive pre-operative medications and have an intravenous (IV) started, if ordered.

If you need medication to help you relax before surgery, tell your nurse when you are admitted.

Your family member or friend will be asked to keep your belongings while you are in surgery. If you are alone, we will make a reasonable effort to keep your belongings safe.

Recovery after general anesthesia



You may have general anesthesia or local anesthesia, depending on your surgery.

If you have general anesthesia, you may feel some minor side effects. These can include sore throat, hoarseness, nausea, vomiting, headache, sleepiness, lack of appetite or muscle aches and pains. You may also have memory or concentration issues. This is normal for many patients. If you are concerned about this, talk to your doctor or nurse.

You may need to ask the nurses and doctor to speak slowly and clearly, until the anesthesia is out of your system. Some patients may find it easier to write things down using pen and paper.

Memory and concentration issues almost always go away in 24 to 48 hours. Call your doctor for advice if they do not settle down.

Anesthetic drugs, including intravenous (IV) sedation, may stay in the body for up to 24 hours after your surgery.



During this time you may be impaired. Therefore, for 24 hours after anesthetic or IV sedation it is recommended that you **DO NOT**:

- Make important decisions, sign important papers, or go to work.
- Drive a car or work with machinery.
- Do any dangerous activities, like riding bikes, swimming, or climbing ladders.
- Travel alone by public transportation (e.g., bus).
- Drink alcohol.
- Take tranquilizers, sedatives, or sleeping pills.
- Have the main responsibility for care of another person (e.g., baby, small child, elderly person who needs help).



When you get home



Follow the instructions given to you. Fill any prescribed medications and take them as directed.

Hang your post-op instructions, and any other details you think might be helpful to your caregiver, on your fridge door.

Make/keep follow-up appointments with your surgeon and/or doctor.



• Appointment with:

• Date and time:

• Location:

• Appointment with:

• Date and time:

• Location:

• Appointment with:

• Date and time:

• Location:



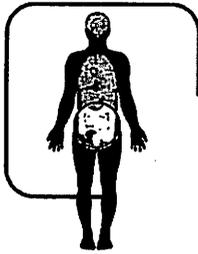
Driving

Anesthetic drugs, including intravenous (IV) sedation, may stay in the body for up to 24 hours after your operation. During this time you may be impaired. Therefore, for 24 hours after anesthetic or intravenous sedation it is recommended that you DO NOT drive a car or work with machinery. Ask your surgeon or nurse when you will be able to drive after your surgery.



Activity

Plan your day to allow for both rest and activity. Continue with your deep breathing and coughing exercises. Begin taking short walks. Gradually increase how far you walk.



Going to the bathroom

Changes in food and activity levels can cause constipation (hard bowel movements). As well, most pain pills can cause constipation. You can help avoid constipation by:

- Being as active as possible within limits of your surgery.
- Drinking lots of fluids.
- Eating high fibre foods such as fresh fruits, vegetables, whole grain breads and cereals, or bran.
- Taking a mild laxative when needed. Ask your pharmacist or doctor to suggest one.



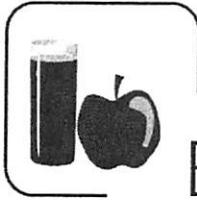
Pain

If you have pain when you get home from the hospital, follow your doctor's orders and take any medications they tell you to take. You can also try these simple relaxation techniques:

- Deep breathing.
- Covering yourself with warm blankets.
- Listening to music you enjoy.

Being positive about your recovery and taking an active role in it will also help how fast you feel better.

Pain BC has a booklet to help you develop a personal toolbox of pain solutions. *Treatment Options for Pain: Beyond Medications, Surgery and Injections* is available on the Pain BC website (<http://www.painbc.ca/chronic-pain/pain-toolbox>). Ask your doctor where to get a copy if you do not have access to a computer.



Eating and drinking at home

Depending on your surgery, you might have to eat a special diet. Someone will review your diet with you before you leave the hospital. If you have questions, you can call 811(HealthLink BC) any time and ask to speak to a Dietitian.

It might take some time before your appetite returns to normal. To heal, your body will need extra calories, nutrients and especially protein. Here are some tips to eating well after surgery:

- Drink at least 6-8 glasses of water each day (1 glass equals 250 mL, or 1 cup), or as directed by your doctor.
- Eat foods high in protein, such as chicken, beef, fish, eggs, tofu and dairy.
- Try to eat 5-6 small meals per day, rather than 3 big meals. If you are not able to eat enough food each day, you can drink 1 or 2 liquid protein drinks each day.





Managing stress

Take the time to heal. Rest often, eat well, and generally take good care of yourself. This will help your recovery.



Going back to work

Ask your surgeon when you can go back to work.

When you go back to work depends on the type of work you do and the type of surgery you had.



Sports

Ask your surgeon when it is safe for you to play contact sports, such as hockey or football.



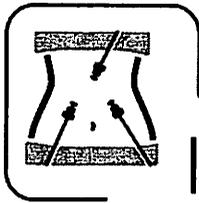
Alcohol

It is best to avoid alcohol for at least 24 hours after surgery.



Sexual activity

Some people find they do not have the same interest in sex as they had before surgery. This is normal; interest usually increases as you feel stronger. You can resume sexual activity when your surgeon tells you it is okay to do so, you have enough strength, and your pain is under control.



Incisions, dressings and drains

Incisions are closed with stitches (sutures), clips (staples) or dissolvable stitches. Your surgeon will decide which is best for you. You may have a bandage over your incision that will be changed as needed. Ask the surgeon or nurse how often you need to change the bandage, once you get home. Sometimes your surgeon needs to put a drain near the incision to help remove excess fluid. If this applies to you, your surgeon will explain this before surgery.



Bathing

Check with your surgeon or nurse to see when you can shower or bathe after surgery. There are different instructions for bathing after certain types of surgeries.

If your surgeon or nurse tells you that you can shower daily when you get home, but does not give you specific direction, follow these instructions:

- Wash your hands and remove any dressing before showering. It is okay to get the incision wet and to wash the area gently with mild, unscented soap.
- Avoid aiming the showerhead at your incision.
- After showering, check your incision to ensure that there are no signs of infection. Gently pat the incision with a clean towel; do not rub the area.
- Apply a new dressing only if the incision is draining, or if you want to protect the wound from rubbing on your clothing.
- Avoid soaking your incision in a bath, hot tub or swimming pool for 2 weeks after surgery, or until it is completely healed.
- If it will make you feel more comfortable, you may want to have someone stay in the washroom while you shower.



Health concerns



Who to Contact:

Call 911 if you have:

- Chest discomfort with sweating, nausea, faintness or shortness of breath.
- Shortness of breath that gets worse and is not relieved by resting.
- Fainting spells.
- Bright red blood in stool or urine, or when you cough.
- Sudden problems with speaking, walking or coordination.

Call your Surgeon if you have:

- Bleeding - enough to soak through a tissue.
- Drainage from your incision that is persistent or changes in appearance or colour (e.g., yellow or green).
- Increased tenderness, redness or warmth around the surgery site.
- Irritation or blisters from your dressing or tape.
- Pain that is not relieved by your medication.
- A fever spike (greater than or equal to 39° Celsius/102.2 Fahrenheit) with or without shakes and body chills.
- A high-grade fever (38.5° Celsius/101.3 degrees Fahrenheit and over) for 2 days or more.
- Your calves (lower portion of your legs) become swollen and painful.

Who to Contact:

If you cannot reach your surgeon:

- Call your family doctor, or
- Go to a walk-in medical clinic, or
- If it is after clinic hours, go to a hospital emergency department.

For non-emergency health information and services:

- Contact HealthLinkBC – a free-of-charge health information and advice phone line available in British Columbia.

HealthLinkBC



- phone: *8.1.1 from anywhere in BC.*
7.1.1 for deaf and hearing-impaired assistance (TTY)
- email: www.healthlinkbc.ca
Translation services are available in over 130 languages.



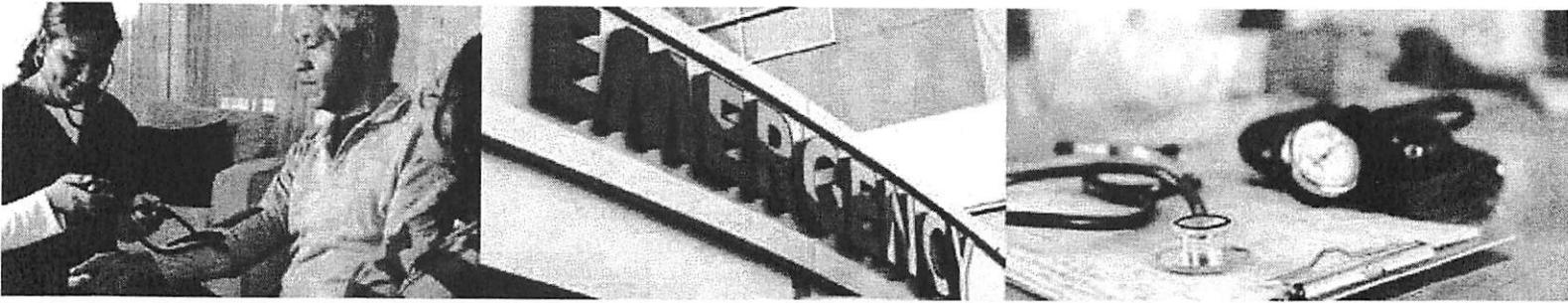
Compliments, Complaints and concerns

Quality care is important to all of us. You have the right to give feedback about your care and know you will be treated fairly. Your feedback gives us an opportunity to improve the care and services we provide.

If you have a compliment, complaint or concern, you can speak directly to the person providing your care, or you may contact the **Patient Care Quality Office**.

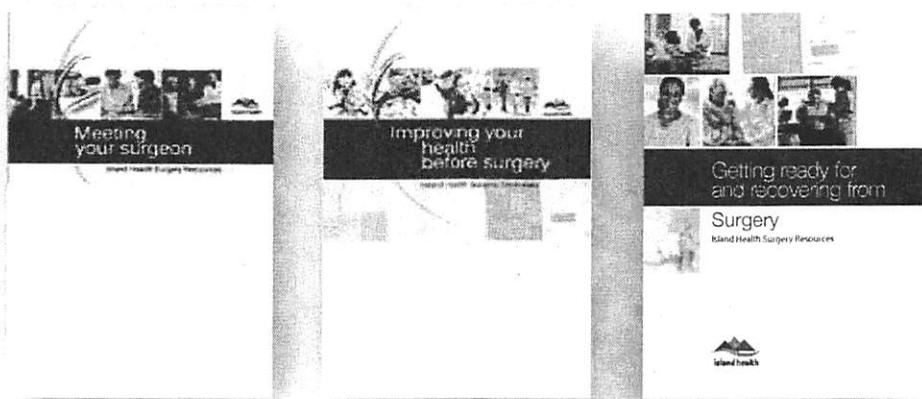


Patient Care Quality Office
Royal Jubilee Hospital
1952 Bay Street Victoria, BC V8R 1J8
Memorial Pavilion, Watson Wing, Rm 315
Toll-free: 1.877.977.5797 / Greater Victoria: 250.370.8323
patientcarequalityoffice@viha.ca
www.viha.ca/patientcarequalityoffice



Resources

Other Island Health surgery resources you might find helpful:



Available at:

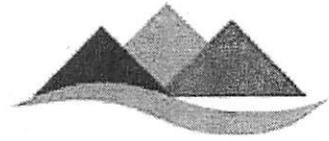
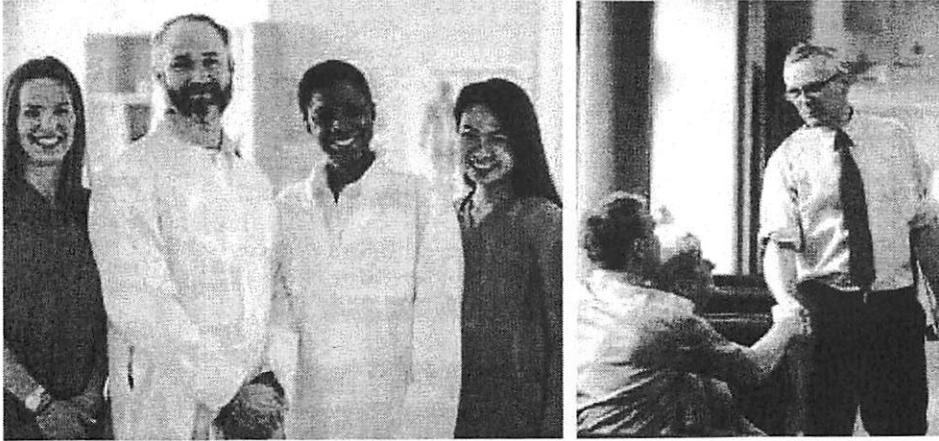
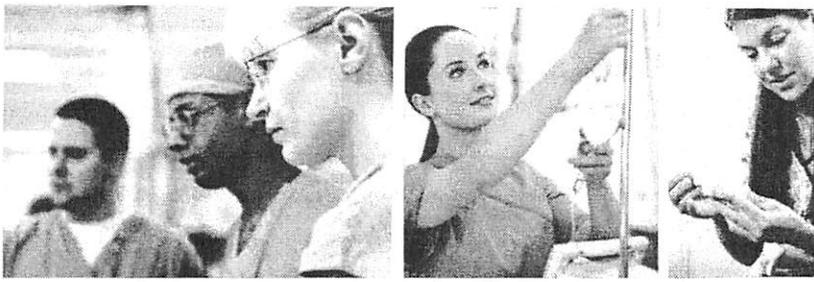


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notes:

