



Patient Information

DAY SURGERY PROGRAM

This booklet will help you get ready for your operation.

Your operation is on: _____
DATE TIME

Please come to the following hospital location:
(see the map at the back of the booklet)

- Pre Admission Clinic, Room A1-201, 1st Floor
University Hospital
339 Windermere Road

Located on the main floor. Turn left once you have entered the hospital lobby. First door on the left.

- Patient Registration, Room D3-404
Victoria Hospital
800 Commissioners Road East

Located on Level 3.

What Will Happen In the Day Surgery Unit After My Operation?

- The nurses in the Day Surgery Unit will continue to watch you closely.
- 1 or 2 family members or friends can visit you in the Day Surgery Unit.
- Your nurse may give you water, juice or pop to drink.
- Your nurse or surgeon will decide when you are ready to go home. Your nurse will then ask your driver to take you home.
- Your nurse or surgeon may give you:
 - a prescription for medication to take at home
 - an appointment to come back to see your surgeon.
- Your nurse will talk to you about how to care for yourself at home.

**We hope that the information
in this booklet has been helpful.**

- Your nurse will:
 - Take your blood pressure, breathing rate, heart rate and temperature.
 - Place a soft clip on your finger to measure the oxygen level in your blood.
 - Talk to you about what you need to do after your operation.
 - Ask you to change into a hospital gown.
 - Ask you to remove dentures, contact lenses, glasses, a wig or hairpiece. You will need to put them in the container(s) you brought with you.
 - You will go to the Operating Room in a wheelchair or on a stretcher.

What Happens After My Operation?

- When your operation is done, you will be taken to the Post Anaesthesia Care Unit (PACU). You may know PACU as the "Recovery Room".
- Your PACU nurse will watch you closely. Your PACU nurse will check your heart rate, breathing rate, blood pressure and oxygen level regularly.
- Tell your nurse if you are having pain or if you feel sick to your stomach. Your nurse can give you medication to help.
- When your PACU nurse feels you are ready, you will go back to the Day Surgery Unit.

What is Day Surgery?

Day Surgery means that you can go home on the day of your operation. The doctors and nurses will decide when you are ready to leave the hospital.

What Do I Need To Do Before My Operation?

- You **MUST NOT** eat or drink anything after midnight, the night before your operation.
- NO food, fluids, liquids, water, gum, or candy after midnight.
- You may brush your teeth and rinse your mouth the morning of your operation, but **DO NOT** swallow any water.
- If you are told by your surgeon or the nurse to take medication on the day of your operation, take it with a **small** sip of water.



Please Remember . . . If you eat or drink after midnight, your surgery may be **delayed or cancelled.**

- You **CANNOT** drive a motor vehicle for 24 hours after your operation. You **MUST** have a responsible adult drive you home.
We do **NOT** recommend that you take a bus, taxi, or train home after your operation. If you take a bus, taxi, or train, you **MUST** have a responsible adult with you.
- You **MUST** have a responsible adult stay with you overnight after your operation.
- Leave your wallet, credit cards, jewellery and other valuables at home. The hospital will not be responsible for your valuables if they are lost.

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- Remove all jewellery, rings and body piercings and leave them at home. Rings may need to be cut off. A jeweller can do this for you.
 - Do **NOT** wear nail polish or makeup.
 - Do **NOT** wear perfume, cologne, aftershave, scented lotions or hair sprays. Scented products can cause allergic reactions for other patients and hospital staff.
 - Wear glasses (if you have them) and leave your contact lenses at home.
 - Shower or bathe before your operation.
 - Call your surgeon if your health changes in any way. The date of your operation may need to be changed.

What Do I Bring To The Hospital With Me?

- Ontario Health Card
- London Health Sciences hospital card (if you have one)
- Medications you are taking in labelled containers from the drug store. This includes inhalers (puffers), eye drops, medicinal patches, and sprays.
- A container for dentures, glasses, contact lenses, hearing aids, a hair piece, or a wig
- Questions that you have written down for your nurse or surgeon
- Money for parking
- Money for new medications that you may need after your operation
- Loose fitting, comfortable clothing and shoes with low heels

Where Do I Park?

A map showing the 2 hospital locations is found at the back of this booklet. Parking costs about \$10.00 a day.

University Hospital: Visitor/Patient parking is located in the parking garage beside the hospital, on **Perth Drive**.

Victoria Hospital: Visitor/Patient parking entrance is located on **Commissioners Road East**. Watch for the signs to Visitor/Patient parking.

What Happens in the Day Surgery Unit Before My Operation?

- Your nurse will ask you questions:
 - What is the phone number of the person who will drive you home? Your nurse needs to be able to reach your driver at all times. If your driver is waiting for you in the hospital, your nurse will need to know where to find him or her.
 - When did you last have something to eat or drink?
 - What medications you are taking?
 - Do you have any health problems?
 - Do you want a nurse to telephone you the day after your surgery to see how you are doing?