Preparing for your Surgery

One-Day Stay Instructions during COVID-19

Call your surgeon if you have had any health changes or are ill, as the date of your operation may need to be changed. London Health Sciences Centre is a smoke-free environment, for your health it is best to quit smoking prior to your surgery.

When to stop eating and drinking before your procedure:

- Do not eat any solid food, jello, or broth after midnight
- No chewing any gum or hard candies after midnight
- You may drink clear fluids up to three (3) hours before your scheduled operation time
- Clear fluids include: water, apple juice, popsicles/freezies, black coffee or tea (do not add milk, whitener or creamer to your clear fluids)

Preparation for day of the procedure:

- Shower or bathe with non-scented soap
- Do not apply lotion or creams, unless instructed by your surgeon. London Health Sciences Center is a scent-free environment
- Please remove jewelry, hair pins, piercings (ear or body), nail polish, contact lenses, internal menstrual products (wear a pad if required), make-up, perfume, cologne, aftershave, lotion, or hairspray prior to coming to the hospital
- Bring a container to put your dentures and glasses in
- Wear loose fitting, comfortable clothes, and bring a comfortable pair of non-slip shoes
- Bring crutches, braces, cooling cuffs, or any equipment that has been recommended by your surgeon
- Bring your CPAP machine if you use one
- Bring your Ontario Health Card
- Bring all written instructions about your procedure
- Leave valuables and money at home, London Health Sciences Centre will not be responsible for lost or stolen items

For 24 hours after your operation:

✓ You must not drive or operate hazardous machinery
✓ You must not drink beer, wine or alcohol; or use recreational drugs
✓ You must have a responsible adult accompany you home and stay with you overnight
Medication Instructions:

- Take only medications on the day of the surgery as directed by your surgeon or during the Pre-Admit Clinic Appointment
- Bring any medications that you are taking in the labeled containers from the pharmacy
- Bring inhalers (puffers), eye drops, medicinal patches, sprays, and vitamins
- Bring an updated and current Prescription or Medication list
- Leave your narcotics, medical/recreational marijuana at home

Support Person Instructions:

- Ensure your support person who is escorting you home remains near the hospital during your procedure. During COVID-19, there is a restricted visitor policy.

What to expect the day of:

- After you register with the clerk, you will be given an identification band that will be checked many times during your visit
- You will be brought to the room where they will prepare you for surgery
- Your nurse will ask you questions about your health, medications, and when you last had something to eat and drink
- The nurse will take your vitals (blood pressure, heart rate, breathing rate, temperature, and oxygen levels)
- The nurse will put in an intravenous line to give you fluids and medications
- You will need to remove glasses, dentures, hearing aids, and any wig or hair pieces before going into the operating room
- After the operation the nurse will monitor your vital signs, dressing, pain, and nausea and give you medication if needed
- When you are ready to go home, the nurse will remove your intravenous line, provide you with discharge education, and a prescription for pain medication if required
- It is normal to feel sleepy and forget parts of the day after you have surgery

If you have questions on what to expect in the hospital because of COVID-19, please go to the following website

https://www.lhsc.on.ca/coronavirus