

We hope to make your day surgery as comfortable as possible. This leaflet is intended to give you general advice that will:

- Help you prepare for your surgery
- Inform you what is likely to happen on the day of surgery

This will ensure that things run smoothly on the day and surgery can go ahead as planned. Please make sure that you have read this information prior to your admission.

What is a Surgical procedure?

A surgical procedure can necessitate an overnight stay in the hospital or not. The patients are admitted on the day of surgery, and go home once they have recovered sufficiently. This is evaluated by the treating doctor.

Your suitability for surgery will be discussed with your doctor and during the pre-operative assessment appointment.

Pre-operative appointment

The pre-operative appointment lasts 1-3 hours according to waiting time and the specific examinations that are required, which may include:

- a physical examination.
- an overview of your medication and the pre-operative instructions.

Pre-operative evaluation through phone

If necessary, the pre-operative visit to the hospital is replaced by phone interview. A nurse will call you prior to the day of surgery.

What should I bring with me

Prepare a small bag with the necessary items such as:

- Your ID or passport.
- All your medication including inhalers.
- If you wear glasses, please make sure you bring them on the day of surgery, so you can fill out relevant legal paperwork, which must be signed before your surgery.
- You may also want to bring a book or a magazine to read whilst you wait.
- Name and phone number of the relative or friend who will take you home after discharge.

What not to bring

- Valuables.
- Large sums of money.

A storage area is available for use. However, the clinic does not accept responsibility for personal items lost.

Preparing for Surgery

- If you take medication regularly, please follow the instructions given at the pre-operative assessment Clinic.
- If you are unsure regarding your medication before admission, please contact your doctor.
- Shower before coming to the hospital and remove makeup, nail varnish, gel or acrylic nails, jewellery and piercings. Do not use face or body cosmetics prior to the surgery (such as face cream).
- You may brush your teeth and/or use mouthwash.
- Do not shave the area of surgery.
- If you experienced diarrhoea or vomiting within 48 hours prior to your admission, please inform your doctor.
- You should also inform us if you had a cough, cold or flu symptoms during the immediate pre-operative period. On occasions it may be necessary to postpone your operation until you feel better.
- It is recommended that you do not smoke prior to your surgery. Smoking cessation helps speed up the healing process, your overall recovery and reduces the risk of complications.
- It is very important to follow the instructions regarding eating and drinking on the day of surgery. Missing to do so can complicate the anaesthesia and can cause your operation to be cancelled.
- If you are having arm or shoulder surgery, please wear tops which open from the front.

In order for you to stay adequately hydrated we advise the following:

For Admissions until 12:00

(unless instructed otherwise):

- No food, milk, sweets or chewing gum after midnight.
- You can drink water freely up to 6 hours prior to your admission.

For Admissions from 12:00 till the afternoon:

(unless instructed otherwise):

- You can have a small light breakfast before 7 am.
- You can drink water freely up to 6 hours prior to your admission.

What will happen on the day of surgery?

You will be given an admission time by which you should arrive at the hospital. This is not the same as the procedure time.

On arrival you should go to the reception on the ground floor.

A doctor will go over your surgery and you will be asked to sign a consent form, if you have not already done so. If you require general anaesthetic, an anaesthetist will see you before surgery and answer any questions that may arise.

You will be transferred to the patient ward after surgery. The clinic does provide overnight stay and the cases that may require overnight stay will be handled accordingly.

Please remember that the exact time a surgery starts depends on many factors that can cause delays. Recovery time may also vary. Not all patients react to anaesthesia the same way and some patients may take more or less time than others to recover.

Approximately one hour after surgery, most patients can enjoy a cup of tea/coffee and a toast.

Will my friend/relative be allowed to stay with me?

Unfortunately, we are not able to accommodate other people in the ward except patients and patient carers. Your relative, friend or partner may escort you to the admission unit and they will be informed when you are ready to go home. There is a cafeteria onsite, which sells refreshments and is open from 08:00 to 18:00.

You should not bring children to the hospital. If you have dependent children, please make the necessary arrangements.

Unforeseen circumstances may lead to some delays. If this happens, we will do our best to keep you and your relative, friend or partner informed.

Before you are discharged

The ward team will make sure you are ready to go home. They will check if:

- you are fully awake and have recovered from anaesthesia.
- you have passed urine.
- you have had something to eat and drink.
- your pain is manageable with home medication.
- if you experience nausea or vomiting you will be prescribed the necessary medications.

Discharge Information

When we are ready to go home you can contact your relative, friend or partner.

- you MUST ensure you have someone to pick you up from the hospital.
- you MUST have 24-hour supervision by a responsible adult following discharge.
- you MUST NOT go home alone in a taxi or by public transport.
- You MUST NOT drive for 48 hours following general anaesthetic, unless otherwise instructed by your doctor.

Having these planned ahead is crucial – there is a risk of cancellation of surgery if the above are not arranged prior to your admission.

On leaving hospital you will be given:

- Advice on dressings changes.
- Advice and/or pressure stockings and/or injections to avoid blood clots.
- A discharge letter and contact details if you have any concerns and require postoperative advice.
- We advise that you have over the counter pain killers at home. If you require any further medication your doctor will prescribe accordingly.
- Information regarding any follow-up appointments that are required.

The following are strongly advised for 24 hours after your operation / procedure:

Don't:

- You MUST NOT consume any form of alcohol or any recreational drugs.
- You MUST NOT operate any machinery.
- You MUST NOT look after children alone.

Do:

- Follow the advice given to you by the medical staff.
- Take it easy on the day after your procedure.
- Remember that you may need to take time off work.

If you have any concerns after discharge, particularly your wound, pain or swelling please feel free to contact your doctor for advice.



The content of this flyer is intended to supplement, not replace the information provided by your doctor. It is not intended to replace the professional medical advice. The information given does not replace the “patient-doctor” relationship or the clinical evaluation. If necessary, contact your doctor to clarify the information provided.

Useful contact numbers

If you have any other questions regarding your day surgery, please contact us on the number below:

Monday- Friday 07:30 – 19:30
Contact number: 22445555
Email address: info@tsc.health

Parking

For further information regarding parking places around the clinic please visit our website **www.tsc.health**



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THE
SURGERY
CENTER
3i Healthcare

Patient’s guide to
having surgery

