



21 Sylvan St W • Kenora • Ontario • P9N 3W7

PATIENT INFORMATION

PRE & POST OPERATIVE INSTRUCTIONS

Pre-Operative Clinic

Telephone: 468-9861 ext.2459

Fax: 468-6794

Email: preopclinic@lwdh.on.ca

- ☐ **Post-Op Admit Patient**
(admission to hospital after surgery)
- ☐ **Out-patient/ Day Surgery**
(discharged same day of surgery)
- ☐ **Admit _____ day(s) Pre-Op.**

SURGERY DATE: _____

BE AT ADMITTING: _____am/pm

PRE-OPERATIVELY

PRE-OPERATIVE ASSESSMENT CLINIC:

You will be asked to come to the Pre-Op Assessment Clinic if you are being admitted after your surgery and/or you require a meeting with the anesthetist. **An appointment will be booked with you by the Pre-op Clinic. On the day of your appointment you will need to register at Admitting and then go to the Operating Room Waiting Room on the 2nd floor. An admission assessment will be completed and your surgical event discussed; pre-operation teaching will also be given. Please bring ANY medication (or current medication list) you are taking with you.**

*****IMPORTANT*****

If you develop signs of illness close to your surgery date (e.g. cold, flu, fever, cough) notify your Surgeon's office.

If you are unable to keep your procedure date for any reason, please promptly notify the Pre-Op Clinic at 468-9861 ext. 2459. On weekends and after 5:30 p.m., phone the hospital and ask the operator to page the Hospital Nursing Supervisor.

DO NOT take any aspirin or aspirin containing medications (ie ibuprofen), vitamins or herbal medications for a period of at least ten (10) days prior to the date of your surgery.

NOTE

Due to unforeseen circumstances, (e.g. emergency surgery, lack of a hospital bed, illness) your surgery may be postponed. In this event, we would reschedule your surgery as soon as possible.

ANAESTHETIC CONSULT

You may be scheduled for a Pre-operative anesthetic consult if your medical history indicates and will be done in conjunction with a Pre-op teaching appointment.

The anaesthetist will meet with you before your surgery. He will assess your health and discuss the anaesthetic best suited to your state of health and type of surgery to be performed.

You ***MUST*** see your family physician and have your tests done before seeing the anesthetist.

DIAGNOSTIC TESTING

You may require blood and urine specimens, a chest x-ray and a cardiogram (EKG) prior to your surgery. These will be ordered by your doctor or the anesthetist at your appointment.

OPERATIVE CONSENT

A consent form is required before anaesthesia and surgery. Your surgeon will discuss your specific procedure with you and you will be asked to sign a consent for the operative procedure. **Make sure you understand the operation you are having.** Do not hesitate to ask

questions. If you are under sixteen (16) years of age and single, a parent or legal guardian (*proof is required of legal guardianship*) must sign the consent.

HOSTEL

Accommodations are available at the Lake of the Woods District Hospital Hostel. Information may be obtained at 468-9861 through the Operator or dial extension 2335 (Hostel).

SURGERY

ARRIVAL TIME:

Your arrival time at Admitting is up to 2 hours before your scheduled surgery time. This allows time for admission and pre-operative preparation.

PLEASE BRING THE FOLLOWING ITEMS TO THE HOSPITAL:

- Your Ontario Health Card
- Any supplementary semi-private coverage other than Health Care
- Any pills, medicines, inhalers you are currently taking.
- A book/magazine to read

After going to Admitting, you will be directed to the **OPERATING ROOM WAITING ROOM** on the **2nd Floor**. ***On arrival to the OR Waiting Room, use the phone in the far corner and dial the extension number posted above the phone (2223 or 2224) and give your name.*** A nurse from the **OPERATING ROOM** will come for you to prepare you for your surgery when a stretcher is available. **Please bring something to read, or do, to help with the waiting.**

One person may accompany you to the hospital as they will **not** be allowed in the Operating Room (OR) or the Post Anaesthetic Care Unit (PACU). They will be allowed to accompany you to the Pre-op prep area; or they can wait in the OR Waiting Room. We will call them when you are ready to be discharged.

Patient Instructions for Surgery/Procedure

1. ***DO NOT* EAT OR DRINK AFTER MIDNIGHT** the night before your surgery, and on the day of your surgery, including **NO WATER AND/OR CANDY; unless instructed..** This is important to prevent vomiting during surgery which could have serious consequences for you.

Gum should NOT be chewed because it contains sugar and increases secretions in your stomach.

You may brush your teeth and rinse your mouth as necessary. Do not swallow the water.

Your surgery will be cancelled if you do not follow these instructions.

2. ***DO NOT* TAKE ANY MEDICATIONS ON THE DAY OF YOUR SURGERY unless instructed by your doctor or Pre-Op nurse.**

MEDICATIONS TO TAKE in the A.M. of surgery with a sip of water only: (blood pressure, heart meds, thyroid pills)

3. ***DO NOT* smoke or drink alcohol for 24 hours before your procedure.** This will decrease the risk of infection and improve the effectiveness of the anesthetic medication.
4. **LEAVE VALUABLES AT HOME**, including rings, jewellery, watches, piercings and money. Jewellery ***must*** be removed prior to going into the Operating Room. After surgery admitted patients should have personal items brought in for a hospital stay (e.g. toothpaste, toothbrush, slippers, toiletries, etc.).
5. ***DO NOT* WEAR MAKEUP, NAIL POLISH, and OTHER COSMETICS.** It is necessary to see the true colour of nail beds, eyelids, and lips during and after surgery. **DO NOT** wear perfume.
6. *****HAVE A BATH or SHOWER*** the evening before **AND** in the morning prior to the surgery. Use antibacterial soap and scrub the area being operated on. Avoid using bath oils or body creams. If necessary, the hair in the area around the incision will be clipped in Pre-Op area before surgery.

- 7. WEAR COMFORTABLE CLOTHING** that will fit loosely over the area of surgery. Pressure on the area can cause unnecessary pain.

Wear low-heeled shoes. You will be asked to remove all clothing and given a gown to wear, which closes at the back. Your clothing will be locked in a locker.

- 8.** You will be asked to **REMOVE DENTURES** (*general anesthetic*), **CONTACT LENSES**, **GLASSES**, and **PROTHESIS** prior to surgery. Please bring protective cases.
- 9.** You will be asked to empty your bladder prior to surgery.
- 10.** Pre-operative medication is no longer routinely ordered. If you feel you need something to relax the morning of surgery, discuss it with the Pre-op nurse or physician.
- 11.** Our hospital is a **SMOKE-FREE ENVIRONMENT** where smoking is not permitted. It is recommended that you **DO NOT** smoke or drink alcohol within 48 hours of your procedure.

- 12.** You will have an intravenous (a needle into a vein and connected to a bag of fluid) started in the Pre-Op area. It is used to give you medication for the anaesthetic and pain control and provides you fluids and nutrients until you are able to eat by mouth.

- 13.** A parent or legal guardian **MUST** accompany a minor. For children, please bring his/her favourite stuffed animal or blanket for added reassurance. The parent or guardian is requested to remain in the hospital during the child's procedure. The parent/guardian will be brought into the PACU (recovery) once the child is conscious.

POST SURGERY

You will go to the Post Anaesthetic Care Unit (PACU) immediately after your surgery and remain there until your condition is satisfactory for transfer to the surgical unit/Day Surgery or discharged home (Outpatients). While you are in the PACU, your nurse will monitor you closely.

1. Your **VITAL SIGNS** (pulse, blood pressure, and oxygen saturation) are taken at regular intervals. You may have an oxygen mask over your nose and mouth as you wake up to assist with getting rid of the anesthetic gas..
2. You will be encouraged to **BREATHE DEEPLY and COUGH**. This is important because secretions may collect in your lungs during surgery from lying in one position. Deep breathing expands the lungs and loosens secretions.
3. **MOVING EARLY** is encouraged to prevent complications and makes for a quicker recovery. **LEG EXERCISES** will be encouraged to promote circulation after surgery. Avoid crossing your legs as this prevents blood from circulating through your legs and to your toes.

4. The surgeon will order **PAIN MEDICATION** after your surgery. The nurse will be asking you the level of pain between 0 and 10 (0/10 – no pain; 10/10 – screaming, crying pain) and will give pain medication accordingly. Do not hesitate to tell the nurse when you are having pain and require pain medication.

For the first 24 – 48 hours, you should take medication for pain on a regular basis as instructed. After this period, you should require less medication. For major surgery a pain pump may be ordered – the nurse on the nursing floor will give you instructions.

5. Sometimes patients experience **NAUSEA** post-operatively. The anesthetist will order medication “as needed”. Don’t hesitate to tell the nurse if you are nauseated.
6. Your diet will gradually progress from liquids to solids, unless restricted by your surgeon. Your intravenous will be discontinued when you are drinking fluids.

Eat lightly for the first meal following your surgery and progress as tolerated.

7. You will be given **WRITTEN DISCHARGE INFORMATION** and a **PRESCRIPTION FOR PAIN MEDICATION** (if necessary) on discharge.

DAY SURGERY DISCHARGE

On discharge from the hospital, the anaesthetic drugs will be only partially 'worn off'. Therefore, it is important to realize that these drugs will continue to have a dulling effect on you for about 24 hours. It is important that you consider seriously the following:

1. **Escort for Outpatient/Day Surgery patients.** Leave your car at home – you **MUST NOT DRIVE**. After the operation, you must have a responsible adult pick you up and accompany you home. ***You must arrange your ride prior to the day of surgery.***
2. It is strongly recommended that you have a responsible adult stay with you for the first night after surgery.
3. ***DO NOT*** drive or operate hazardous machinery to do anything requiring skill or judgement for 24 hours.
4. ***DO NOT*** make important personal, or business, decisions for 24 hours.

5. A child will require extra supervision for the first 24 hours (e.g. stairs, hazardous toys, etc).
6. ***DO NOT*** consume alcohol or non-prescription medication for 24 hours as they will mix with the remaining anesthetic medications with potentially serious consequences.

If you have any questions or concerns regarding your procedure, you may call the PRE-OP CLINIC at 468-9861 ext. 2459, Monday to Friday.