



Lake of the Woods District Hospital

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)
- Outpatient/ Day Surgery**
(discharged same day of surgery)
- Admit _____ day(s) Pre-Op**

SURGERY DATE:

REPORT TO ADMITTING BY:

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 if 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, 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 medications containing aspirin (i.e. 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.

ANESTHETIC CONSULT

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

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

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

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 anesthesiologist at your appointment.

OPERATIVE CONSENT

A consent form is required before anesthesia and surgery. Your surgeon will discuss your specific procedure with you and you will be asked to sign a consent form 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 may be up to two (2) hours prior to scheduled surgery time.

This allows time for admission and pre-operative preparation.

Remember, your surgery time is a guideline only.

PLEASE BRING THE FOLLOWING ITEMS TO THE HOSPITAL:

- Your Ontario Health Card
- Any current insurance cards for supplemental health coverage (other than Health Care)
- Any pills, medicines, inhalers you are currently taking.
- A book/magazine to read

After you register in 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 your stretcher is available.

Please bring something to read or do to help with the waiting.

One person may accompany you to the hospital but they will **not** be allowed in the Operating Room (OR) or the Post Anesthetic Care Unit (PACU).

They will be allowed to accompany you to the Pre-Op prep area; and 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 AFTER MIDNIGHT the night before your surgery.
YOU MAY DRINK CLEAR FLUIDS up until two **(2) hours** before your arrival time for surgery.
YOU MAY BRUSH YOUR TEETH AND RINSE YOUR MOUTH AS NECESSARY, but 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 physician or the pre-op nurse.

PLEASE LIST MEDICATIONS YOU HAVE BEEN INSTRUCTED TO TAKE in the AM of surgery with a sip of water only: (e.g. blood pressure, heart meds, thyroid pills)

1. _____
2. _____
3. _____
4. _____
5. _____

3. DO NOT SMOKE OR DRINK ALCOHOL FOR 24 HOURS PRIOR TO YOUR PROCEDURE

This will decrease the risk of infection and improve the effectiveness of the anesthetic medication.

4. LEAVE VALUABLES AT HOME.

This includes rings, jewellery, watches, piercings and money. All jewellery **must** be removed prior to going into the Operating Room. After surgery, admitted patients may have personal items brought in for a hospital stay. (e.g. toothpaste, toothbrush, slippers, toiletries, etc.)

5. DO NOT WEAR MAKEUP, NAIL POLISH, and/or OTHER COSMETICS.

It is necessary to see the true colour of nail beds, eyelids, and lips during and after surgery.

DO NOT WEAR PERFUME!

The Operating Room is a scent free environment.

DO NOT USE OR APPLY body or hair products such as oils, creams, lotions, perfumes, etc.

6. HAVE A BATH or SHOWER the night before and the morning of your surgery. Use antibacterial soap and wash the surgical site for at least two (2) minutes, as well as the rest of your body.

DO NOT SHAVE ANY HAIR AT THE SURGICAL SITE.

7. WEAR COMFORTABLE CLOTHING
Ensure your clothes will fit loosely over the area of surgery.

Any pressure on the surgical 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 REQUIRED TO REMOVE DENTURES (for general anesthetic), CONTACT LENSES, GLASSES and ANY 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 will 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.

12. You will be given fluids through an intravenous (IV) tube started in the pre-op area. It is also used to give you medication for your anesthetic and pain control. It will provide 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 their favourite stuffed animal or a 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

Immediately after your surgery, you will be taken to the Post Anesthetic Care Unit (PACU). You may know PACU as the "Recovery Room".

You will remain there until your condition is satisfactory for transfer to the surgical unit or day surgery unit.

Outpatients may be discharged home directly from the PACU.

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

The nurse 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 for use.

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 (feeling sick).

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 anesthetic 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 seriously consider the following:

1. ARRANGE A RIDE HOME

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.

It is important 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**.

You are considered legally impaired for 24 hours after surgery.

4. **DO NOT** make important personal, or business, decisions for **24 HOURS**.

You are considered legally impaired for 24 hours after surgery.

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 after surgery. They will mix with the remaining anesthetic medications with there may be 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

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