



A Patient's Guide to Surgery

Same Day Surgery

Your Surgery Date: _____

The hospital will call with your arrival time 1-2 days before your surgery.

Having Surgery at Quinte Health Care



The Quinte Health Care (QHC) Surgical Program is dedicated to making our patients feel safe and comfortable during their hospital experience. Throughout your surgical journey you will be cared for by many members of our interprofessional team—nurses, doctors, physiotherapists, respiratory therapist, personal support workers, volunteers, and many more—all who have an important role in supporting you and your family before, during and following surgery. As a team, we strive to provide care based on our guiding hospital values: Imagine It's You, Respect for Everyone, Take Ownership, We all Help Provide Care, and Always Strive to Improve.

Purpose of This Booklet

As we know, surgery can be an anxious time for you and your family. This booklet has been designed as a resource to help answer your surgery-related questions and hopefully help ease some stress during your hospitalization. Please read through this booklet before your surgery date and revisit it whenever you have questions.

This book has been organized to mirror the surgical experience.

1. It starts with How to Prepare for Your Surgery and includes things to tell your surgeon, pre-surgical testing, and information that is important for your safety.
2. Next, it covers Your Day Of Surgery: what to bring, your arrival, and what to expect in hospital.
3. Finally we discuss Recovering from Your Surgery. This includes the recovery room and pain medications.
4. We have also included a Pre-Surgery Checklist. Please use this checklist to make sure you are properly prepared for your day of surgery.



Throughout the booklet you will notice this triangle symbol. These sections are especially important and need your attention. Please review carefully.

There is a section at the end of this booklet to write down your questions and notes. Please bring this with you on the day of your surgery so you can talk to your care team.

Preparing for Your Surgery

Things to Tell your Surgeon:

Medications

- Make sure you tell your surgeon what medications you are taking, including: arthritic medications, anti-inflammatory medications, and herbal supplements.



It is especially important to tell your surgeon if you are taking **Aspirin (ASA), Plavix or Blood Thinners (like Coumadin or Warfarin)**. These may need to be stopped before your surgery. Your surgeon also needs to know if you use **alcohol or recreational drugs** because these can change how you recover.

- Tell your surgeon if you normally receive antibiotics for surgery or dental work because of a heart murmur, heart valve replacement, joint replacement, or another condition. This helps them decide what antibiotics you might need for surgery.

Sleep Apnea



It is very important to tell your surgeon if you have sleep apnea. If you use a breathing machine (a CPAP), you **must** bring it with you the day of surgery.

If for any reason, you cannot keep your appointment, please call your surgeon's office.

Pre Surgical Testing

During the visit with your surgeon you will receive instructions for any tests you might require before your surgery. They will give you a test requisition and instructions to either have these tests done in the hospital or at a lab in the community (e.g., life labs). It is important that you follow these instructions closely and get your tests done.

Pre-Surgical Assessment Phone Call

You will also receive a phone call from a Pre-Surgical Assessment Nurse before your surgery. The nurse will review what you can eat and drink before surgery and answer any questions you might have.



You will be given instructions on what medications to take before your surgery. **Write these down as you will need to follow these instructions exactly- otherwise your surgery could be cancelled.**

If you are in need of interpretation services please tell the Nurses. QHC will arrange an interpreter for you unless you prefer to bring someone you know or use another method.

Important For Your Safety



For your safety during surgery and while under anesthesia, it is very important that you follow the following instructions carefully.

Eating and Drinking Instructions



Do not have **any food** after midnight the day of your surgery.



You are allowed to drink **clear fluids** on your day of surgery until **1 hour before your hospital arrival time**. Stop drinking fluids 1 hour before you are scheduled to report to hospital.

Clear fluids include: water, apple juice, gingerale, Gatorade, **black** tea or **black** coffee (**no milk or creamer**).

If you do not follow these eating and drinking instructions exactly, **your surgery may be delayed or cancelled**.



Do not drink any alcoholic beverages for at least **24 hours before** your surgery as alcohol may interfere with your anesthetic or medications.



We recommend not smoking for **48 hours before** your surgery. There is no smoking on QHC property.



You will not be able to drive home after your surgery. **Please make the necessary arrangements for someone to take you home and stay with you overnight.**

Medications

Medication instructions will be given to you during your Pre-Surgical Assessment phone call. You **must** take your medications **as instructed** before your surgery.

You may be told to take some medications and not take others. **It is extremely important to follow this information exactly—if you do not your surgery may be postponed or cancelled.**



If you develop a **sore throat, fever, cold, or flu** a few days before your surgery, call your surgeon. Your surgery may have to be delayed until you are feeling better.

Preventing Infection

Surgical site infections occur when harmful germs enter your body through your surgical site. Infectious germs are everywhere—on your skin, in the air and on things you touch. Most infections are caused by germs found in and on your body.

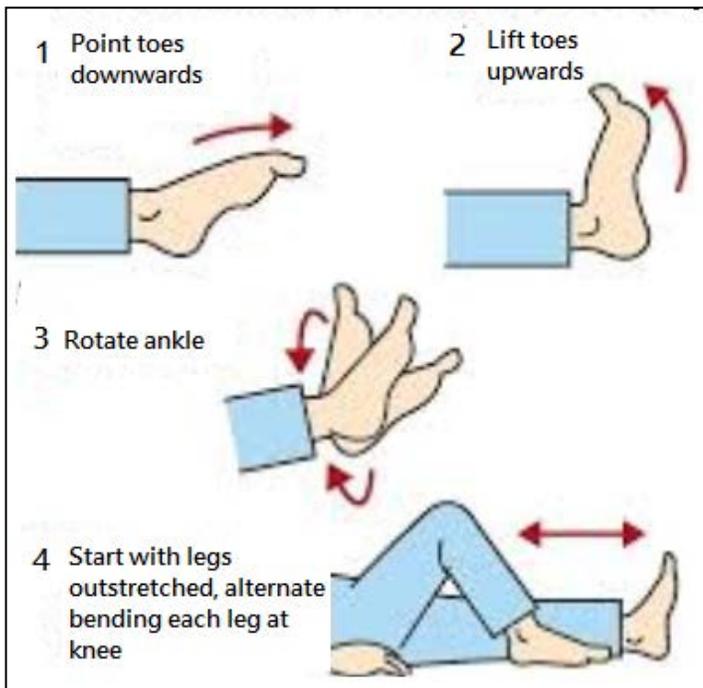
What Your Surgical Team is Doing to Prevent Infections

- Proper hand-washing and scrubs
- Cleaning your skin prior to surgery using an antiseptic solution
- Wearing uniforms, masks, caps, sterile gloves and gowns
- Covering you with sterile drapes during surgery
- Keeping you warm
- Using the right dressings to keep your surgical wound protected

What You Can Do to Prevent Infections

- Have a shower or bath the morning of surgery
- Remove all jewelry
- Do not shave your surgical site before surgery
- If you smoke, try to stop or cut back
- If you are prescribed antibiotics take them all (even if you feel better)
- Care for your wound as instructed
- Eat healthy and get plenty of rest

Preventing Blood Clots



After surgery, there is a small risk of blood clots forming in the veins of your legs. This is called Deep Vein Thrombosis. There is a risk of these clots travelling to your lungs resulting in a Pulmonary Embolism which can be serious. You can reduce the risk of either of these things happening by moving around as early as you can after surgery and doing exercises even when you are resting. We have provided some examples of exercises to the left.

These exercises may not be right for you if you have had hip, knee or ankle surgery. Speak with your surgeon or nurse if you have any questions.

You may also be given other measures to reduce the risk of a clot developing. This might include injection medications like Heparin or compression stockings.

The Day of your Surgery



Before Your Arrival

Do

- ✓ Bring your CPAP (if you have sleep apnea)
- ✓ Take a shower or bath the morning of your surgery. Wear clean clothes to the hospital
- ✓ Bring a proper storage container for your hearing aids, dentures glasses or contact lenses. Glasses and dentures will be removed just before surgery
- ✓ Follow the **exact** instructions on what medications to take and not to take before your surgery. These instructions are given to you during your pre-surgical phone call.
- ✓ Bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops and/or patches.

Do Not

- ✗ **Do not** bring valuables, money or jewelry to the hospital. The hospital is not responsible for lost items.
- ✗ **Do not** wear contact lenses. These could damage your eyes while under anesthesia
- ✗ **Do not** wear any makeup, fingernail or toenail polish
- ✗ **Do not** wear scented products (perfumes, colognes, scented soaps, lotions, etc.)
- ✗ **Do not** bring your cellphone- please leave it with family
- ✗ **Do not** wear **any** jewelry- this includes earrings, rings, necklaces, body-piercings and tongue studs

If you need interpretation services, make sure you have told the Pre-Surgical Assessment Nurse or arranged another method (family member, texting/writing).

Your Arrival

- Please arrive at your scheduled time, this prevents a delay in your surgery. Be aware that your surgery time may change due to emergencies.
- Bring your Health Card **and** any QHC booklets provided to you by your surgeon. **Before your surgery**, please ensure that your Health Card is valid. Your surgery will be cancelled otherwise.
- Please bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops and/or patches.
- You may want to bring a book or magazine to read while you wait.

Parking

In Belleville visitor/patient parking is available in front of the Sills Wing and WCA building (main entrance). In Trenton, visitor/patient parking is available in front of the hospital main entrance. Bring your parking ticket with you into the hospital and pay before returning to your vehicle. Payment machines are in the main entrances and accept cash and credit cards.

Parking is not allowed in fire routes. Drivers are only permitted to stop in these areas to drop off or pick someone up. Unattended vehicles may be ticket or towed

Belleville Patient Directions

1. Enter at the Main Entrance (WCA3)
2. Go down a yellow corridor to the Hastings elevator which is on your right
3. Proceed to level 1: Once you get off the Hastings elevator on level 1, signs will direct you to Day Surgery. Volunteers are on site to help direct you.
4. Register at the Day Surgery Registration Kiosk unless advised otherwise.
5. Take a seat in the waiting area. A Same Day Surgery Nurse will come meet you there.

Trenton Patient Directions

1. Enter at the Main Entrance
2. Go to patient registration. You will speak with a clerk who will give you an armband and paperwork
3. Take a seat in the Same Day Surgery waiting area (also called 'green zone'). A Same Day Surgery Nurse will come meet you there.

What to Expect

- A nurse will bring you into the Same Day Surgery (Pre-operative Unit). You will be asked to change into a hospital gown; your clothes will be bagged and labeled.
- Your Nurse will complete a health assessment. This will include asking you questions (about your procedure, allergies, medications, when you last ate or drank, etc.), starting an intravenous (IV) line, and performing any required tests.

QHC performs pregnancy tests on all female patients of childbearing age or ability before surgery. If you are between the ages of 12 and 50 you may be asked for a urine sample. Please avoid going to the washroom once in hospital or bring a urine sample with you.



If your surgery is side-specific (for example: left hip, right wrist, right-sided hernia) your surgeon will mark the correct side with their initials. **At this time your job is to verbally confirm with them which side your surgery is on.** This is an important safety protocol—please ask your surgeon or nurse if you have any questions.

The Operating Room (OR)

- The members of the OR team—nurse, anesthesiologist and surgeon—will come talk to you and review your hospital chart in Same Day Surgery.
- When the OR team is ready, one of the team members will bring you from Same Day Surgery to the OR—first confirming your name using your armband.
- Once in the room you will lie on the OR bed and be covered by warm blankets.



Before starting your anesthetic the OR team will perform a Surgical Safety Checklist. This is another important safety protocol where the team confirms key components of your surgery. You will be asked to verify your name, birthdate, allergies, and

procedure while one of the team members checks your armband. While this might feel repetitive it is an important part of keeping you safe throughout your surgery.

Recovering after your Surgery

The Post-Anesthetic Care Unit (PACU)

After your surgery you will be moved to the PACU (Recovery Room). It is normal to feel a little bit 'groggy' or 'hazy' while you are waking up after your surgery.

You will be cared for in the PACU by a nurse who will monitor your vitals and keep a close eye on you. Throughout your stay:

- The PACU nurse will ask you assessment questions to care for you properly.
- You will be getting oxygen through a tube in your nose or a mask; the nurse will ask you to take long, deep breaths.
- You may experience some nausea or pain after your surgery. The team in the OR has already given you medications to try to decrease this and the PACU nurse will also provide medications to relieve discomfort.
- Warm blankets will be provided to keep you comfortable.

The length of stay in PACU varies depending on how you are feeling and the care you need. Tell your visitors not to go far as it can be as short as 30 minutes.

Visitors

We understand having your family and/or friends with you in hospital is important. This can help decrease your anxiety and help keep you company while you wait and recover. As you move through the different phases of your surgery we have different regulations around visitors, these are in place to keep you and the other patients safe.

Same Day Surgery: In most cases, a visitor may sit with you after you are prepared for surgery. The SDS Nurse will arrange this once they have finished their assessments. If your family wishes to speak to the surgeon following your surgery, there is a surgery waiting area which the SDS Nurse can direct your visitors to. If your family wishes to leave the hospital, a phone number may be left for the surgeon to call after surgery.

Visitors who are feeling unwell; have an infection; or have an illness (e.g., flu, sore throat) should not visit. You may be asked to wear a mask, gown or gloves to keep patients safe. **Please clean your hands before and after visiting a patient.**

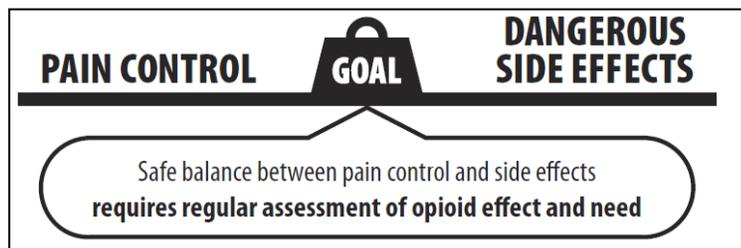
- Alternative visiting (e.g. pet visitors and/or animal-assisted therapy) must be pre-arranged by contacting the In Charge Nurse in advance of the visit.

Patient care is our priority; if visitors are asked to leave for any reason, please respect this request.

Pain Medications

While you are recovering from your surgery you may experience acute pain—pain which comes on after surgery and goes away in a few days or weeks. This is a normal response to surgery. Sometimes acute pain is mild and easily tolerated, other times it can be disabling, usually it is somewhere in between.

There are many ways that we will treat your acute pain: rest, ice, physical therapy and medications. In some cases your physician will choose to use opioids to help control your acute pain. Some examples of opioids are: codeine, fentanyl, hydromorphone, morphine, tramadol and oxycodone.



The goal is to use the right medication to control your pain and help you recover, while not placing you at risk of serious and/or dangerous side effects.

If opioids are prescribed to you after surgery they should only be used if alternative forms of pain control (rest, ice, over-the-counter medications etc.) are not enough.



Opioids are intended to improve your pain enough so that you are able to do your day to day activity, **but not decrease your pain to zero.** Some pain is part of the healing process and should be expected during your recovery.

Pre-Surgery Checklist

Please use this checklist to make sure you are properly prepared for surgery

10 Days Before Surgery

- Make sure you have already talked to your surgeon if you are taking **Aspirin (ASA), Plavix or Blood Thinners**
 - Make arrangements for someone to drive you and stay with you after discharge
-

Night Before Surgery

- Do not** have **any food** after midnight the day of your surgery
-

Day of Surgery

- You can drink **clear fluids** until **1 hour before your hospital arrival time**
 - Take** only the medications you have **been instructed to take**
 - Take a shower or bath the morning of your surgery
 - Remove contact lenses
 - Remove **all** jewelry (including rings, earrings, body or tongue piercings)
 - Remove makeup, fingernail or toenail polish
 - Wear clean, comfortable (i.e. loose fitting) clothes to the hospital
 - Bring your CPAP (if you have sleep apnea)
 - Bring your Health Card
 - Bring a proper storage container for your hearing aids, dentures, or glasses.
Glasses and dentures will be removed just before surgery
 - Bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops and/or patches
 - Bring a book, magazine or something to entertain you while you wait
 - Bring this booklet
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Clear fluids:
water, apple juice, gingerale, Gatorade, **black** tea or **black** coffee (no milk or creamer).

Do Not : Bring valuables, money or jewelry to the hospital. Leave your cell phone with your family. The hospital is not responsible for lost items.

Questions?

1. Read through this whole booklet and write down any questions you have
2. Ask your questions during your Pre-Surgical Telephone call
3. Visit our website at www.qhc.on.ca. We have lots of information online including surgery-specific booklets and videos of what to expect.

Click on:

Services & Clinics

This is in the header at the top of the website

On the left-hand menu select:

Surgical Services ▼

▶ Surgery at BGH

▶ Surgery at TMH

Watch the 2 videos starring our very own nurses and doctors:

1. About Surgery at QHC and,
2. Common Questions About Surgery

Click on your procedure to open surgery specific information

Feedback

The QHC surgical program is committed to providing exceptional care and we welcome opportunities to hear about your experiences while under our care. Understanding your experiences will allow us to learn what we are doing well and where we can improve.

If you have questions, feedback, a compliment or a complaint about the care you or your family member received. Please contact our Patient Experience Specialist by telephone, letter, or using the link on our website.

QHC Belleville General Hospital
Attn: Patient Experience Specialist
265 Dundas Street East
Belleville, Ontario

K8N 5A9
Phone: (613) 969-7400 x 2033
Toll Free: 1-800-483-2811
Email: feedback@qhc.on.ca