



A Patient's Guide to Surgery

Same Day Admission 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, your admission to hospital, visitors, 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

Before your surgery, the hospital will call you with a date and time for you to attend a Pre-Surgical Assessment Clinic.

Your Pre-Surgical Assessment Clinic:

Date: _____ **Time:** _____

At this clinic you will have the necessary bloodwork, tests, and assessments. Depending on your surgery and health status this may include an assessment by a physiotherapist, anesthesiologist, or pharmacist. All patients will talk with our Pre-Surgical Assessment Nursing Team who can answer questions you have about your surgery.

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.



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.**

What to bring with you to the clinic:

- ✓ All of your medications, vitamins, and herbal supplements in their original containers.
- ✓ The name and phone number of your community pharmacy and family doctor.

Important For Your Safety



For your safety during surgery and while under anesthesia, it is very important that you follow these 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 discharge from hospital. **Please make the necessary arrangements for someone to take you home the day of your discharge and stay with you.**

Speak to your surgeon about how long you might need someone to stay with you for. If you live alone, you may need to make alternative arrangements like staying with family or friends.

Medications

Medication instructions will be given to you at your Pre-Surgical Assessment appointment. 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** within 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 an on your body.

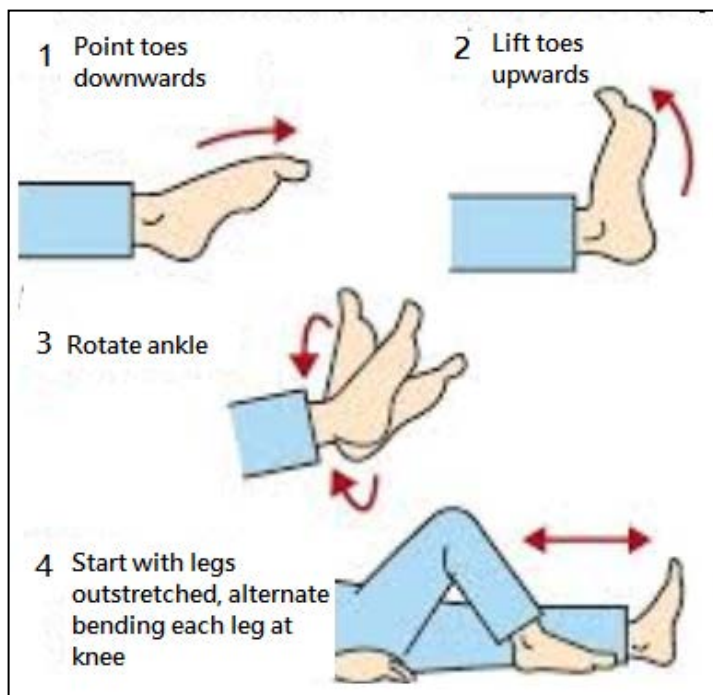
What Your Surgical Team is Doing to Prevent Infections

- 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 at your Pre-surgical Clinic visit.
- ✓ 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 Clinic Nurse or arranged another method (family member, texting/writing).

Your Arrival

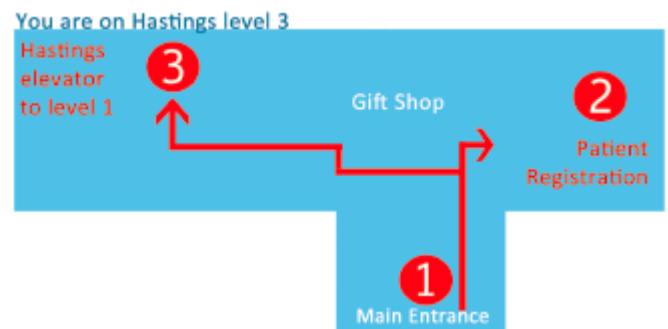
- Please arrive at your scheduled time, this prevents a delay in your surgery. Be aware that your surgery time may change due to emergencies.
- Bring your Health Card **and** any QHC booklets provided to you by your surgeon. **Before your surgery**, please ensure that your Health Card is valid. Your 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

Visitor/patient parking is available in front of the Sills Wing and WCA building. 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

1. Enter at the Main Entrance
2. Register: Inside the entrance to your right, proceed to Patient Registration.
3. Once you have registered take your registration sheet with you and go down a yellow corridor to the Hastings elevator which is on your right
4. 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.
5. Let the Unit Clerk know you are here for an appointment and give them your registration sheet — the one you received at Patient Registration.
6. Take a seat in the waiting area. A Same Day Surgery Nurse will 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 belongings will be delivered to your inpatient room after your surgery.
- 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.



SURGICAL SAFETY CHECKLIST

www.safesurgerysaveslives.ca

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 big ‘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 is usually about 2 hours. This timing may change depending on how you are feeling, the care you need, and if your hospital room is ready.

Your Admission

When admitted to the surgical inpatient unit you will be cared for by nurses who specialize in post-surgical care and pain management. They will work closely with you, your surgeon and your anesthesiologist to help you recover from surgery. Depending on your needs you will be seen by physiotherapists, occupational therapists, nutritionists, social workers, personal support workers, or spiritual care providers.

If you have family visiting, please have your personal items brought to you after your surgery when you are in your hospital room. You will require your own personal items (for example: soap, Kleenex, toothpaste, comb, deodorant, etc.). Please bring non-slip supportive slippers or shoes, a housecoat, reading material, and anything else you might need for a couple days stay.

Telephone: a charge for hospital phone use will be billed to you after discharge.



For local calls – first dial 9

Long distance calls – dial 0 to go through the hospital operator

You can also choose to use your personal cellphone to make calls.

Discharge: Usual discharge time is between 8 and 11 am. Your physician or nurse will let you know in advance (usually the day before) when you are likely to go home.

Please make sure there is someone to drive you home and stay with you.

Having this organized in advance helps to make sure the room is available for the next person recovering from their surgery.

Surgical Short Stay Unit (SSU)

The SSU is designed for patients having certain procedures, who will only need an overnight stay. Your surgeon will decide if you will stay in the SSU. The SSU is an open concept unit and your family member can sit with you after your recovery. Please note that there are no private rooms available.

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 room 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.

Surgical Inpatient Unit: Visiting hours are flexible to accommodate the patient situation; there are no specific hours. Visiting (timing and number of visitors) may be adjusted based on the clinical care needs of the patient and their roommate. This is planned through conversations with the patient, family and interprofessional care team.

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.**

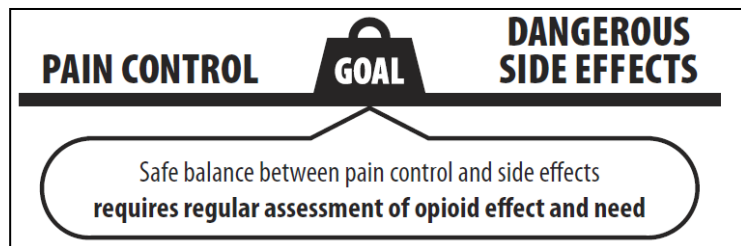
- After hours visitors must enter through the BGH Emergency Entrance.
- Visiting children under 12 years must be supervised by an adult.
- Alternative visiting (e.g. pet visitors and/or animal-assisted therapy) must be pre-arranged by contacting the In Charge Nurse in advance of the visit.

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.



Side Effects to Expect: Constipation, nausea, dry mouth, itchiness, sweating, and dizziness. Some people are more sensitive to the side effects of opioids and may need a lower starting dose or more careful monitoring.



Risks of Using Opioids: Many people have used opioids without problems. However, serious problems, including overdose and addiction do happen. It is important to follow the instruction on the prescription, use **the lowest possible dose for the shortest possible time**, and to be aware of signs that you are getting too much opioid (experiencing overdose). Avoid alcohol and benzodiazepines (for example, Xanax, clonazepam, Klonopin, lorazepam, Ativan, diazepam, Valium).

Signs of Overdose

Stop taking the drug and get immediate medical help if you have the following while taking opioids:

- Severe dizziness,
- Inability to stay awake,
- Hallucinations,
- Heavy or unusual snoring,
- Slow breathing rate

Your family member or caregiver needs to call 911 if:

- You can't speak clearly
- They can't wake you up
- Your lips or fingernails are blue or purple
- You are making unusual heavy snoring, gasping, gurgling or snorting sounds while sleeping
- You are not breathing or have no heartbeat



Safe Keeping and Disposal: Never share your opioid medicine with anyone else. Store it securely in your home and keep it its original container so you do not mistake it. Take any unused opioids back to your pharmacy for safe disposal.

Instructions or Notes

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
-

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?

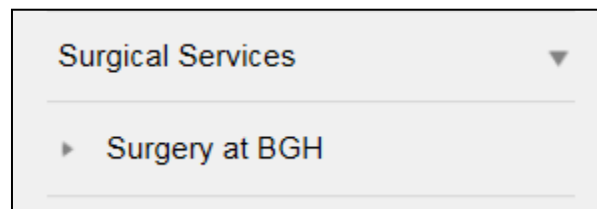
1. Read through this whole booklet and write down any questions you have
2. Ask your questions at your Pre-Surgical Assessment Clinic appointment
3. Visit our website at www.qhc.on.ca. We have lots of information online including surgery-specific booklets and videos of what to expect.

Click on:

Services & Clinics

This is in the header at the top of the website

On the left-hand menu select:



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

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

Scroll down to open surgery specific information

Knee and hip replacements patients can also view videos.

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.

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