What you can do

Prepare yourself for your operation by:
• following the preoperative instructions given to you
• telling the doctors and nurses if you take Aspirin, Warfarin, Plavix, Iscover or any other medication
• ensuring all your details are correct
• telling the nurses if you have any difficulty with mobility or will need special care when you are discharged home
• letting us know if you require a medical certificate
• arranging special transport home if required
• checking and making sure you understand all the information on the consent form before you sign it
• asking your doctor or nurse if you are not sure about anything
• contacting the booking office if you are unable to attend on your scheduled surgery date or no longer need your surgery.

Important numbers

Booking office:______________
Pre-admission clinic:______________
13health
Your short stay in the surgical unit

You have been scheduled for a short admission to hospital. Unless otherwise advised, you will be discharged home the same day or following day.

This brochure will provide you and your carer with important information about your hospital stay and help you prepare for your operation or procedure.

Before your day of surgery

You may be asked questions over the telephone by our pre-admission staff or be seen directly at the pre-admission clinic. This will assist us in planning for your care before and after surgery.

What if I’m not ready for surgery?

It is very important that you contact the booking office if you are unable to attend on your scheduled surgery date or no longer need your surgery.

Day of procedure

Be sure to arrive promptly at the time requested by the hospital.

Follow the preoperative instructions given to you by the hospital very carefully, especially advice regarding medications and when you need to stop eating and drinking. Your surgery may be postponed or cancelled if you do not follow these instructions.

After your procedure, you may need to have someone care for you. If a carer is not available, your procedure may be postponed until you can arrange one. The carer must be over 16 years old and be able to care for you for 24 hours after you go home. They must be able to assist you with medications, hygiene, meal preparation and care for your dependants. Please let the booking office know if you do not have a carer at least 5 days before your procedure.

Before your procedure

You may wear an identification band which will state your name, date of birth and hospital identification number. A red arm band may be applied if you have any known allergies or risks that staff need to be aware of.

You will be asked to confirm these details and state what procedure you will be having multiple times by different staff. This may be frustrating to repeat but this is a very important safety process.

We will check that you have signed a consent form. The doctor may mark the procedure site with a special pen to make sure we perform the correct procedure on the correct site and side.

After your procedure

A care plan has been developed for your procedure. The nursing team will use this plan to monitor your progress. You will be given medication to help with discomfort if required. Nurses will observe your progress and check your operation site. Once you are awake and well enough you may be able to start to drink and eat. You may have an intravenous line which the nurse will check and remove when required. Please check with the nurse before you get out of bed or begin to eat a normal diet.

Discharge

In some cases you will go home the same day or may be required to stay overnight. When you are well enough a nurse will discharge you according to your doctors instructions and give you information regarding your post-operative care. You may have a little discomfort at your operation site.

The nurse is the best person with whom to raise any questions or concerns you or your carer may have. After discharge, a nurse may contact you by phone to check on your progress and answer any questions you may have. It is imperative that you and your carer follow your post-operative instructions.