

Elective surgery



PATIENT INFORMATION

Updated August 2019

Your admission has been arranged at:

Hervey Bay Hospital

Maryborough Hospital

Bundaberg Hospital

Date:

Time:

Hervey Bay or Maryborough Hospital

You will receive a call one working day prior to your surgery between 8.30am–12.30pm. **Please be available.**

If you have not received a call by 12.30pm, phone the Elective Surgery Office before 2pm on 07 4325 6934.

Bundaberg Hospital

You must phone the Elective Surgery Office one working day prior to your surgery between 8am–2pm on 07 4150 2488.

On the day of your surgery, please report to: _____

If you hold any of the following cards please bring them with you:

Medicare, Pension, Healthcare, Health Insurance.

Please contact the elective surgery office at your hospital if you:

- have any concerns or require more information
- develop a cold, sore throat, influenza or any other illness
- are unable to attend or no longer require surgery
- have changed any of your personal details. Please keep your contact information up to date with the Elective Surgery office. Your operation will be cancelled if you cannot be contacted.

Fasting instructions

Your admission time and fasting instructions will be given to you **one (1) working day before your surgery.**

Option A

- The night before surgery, do not eat anything or drink milk after **midnight**. NO chewing gum or lollies.
- The day of surgery, please drink 200ml/hour of clear fluids until **6.00am**. Clear fluids include black tea/coffee, apple juice, cordial, water.
- **After 6.00am, NIL BY MOUTH, no fluids including water.**
- **Children** may have clear fluids until **6.30am**.

Option B

- The day of surgery, **you may have a light breakfast before 6.00am** and then nothing else to eat, and no milk. A light breakfast is toast and a drink, limited dairy products, NO meat or eggs. NO chewing gum or lollies.
- Please drink 200ml/hour of clear fluids until **10.30am**. Clear fluids include black tea/coffee, apple juice, cordial, water.
- **After 10.30am, NIL BY MOUTH, no fluids including water.**
- **Children** may have a light breakfast before **7.30am** and clear fluids until **11.30am**.



- **Breastfed children** may be breastfed until 3 hours before admission and they can drink clear fluids until 1 hour before admission.

Please note

- Take your usual medicines while you are allowed fluids, unless hospital staff have instructed otherwise.
- **Failure to follow the fasting and admission instructions may result in your surgery being cancelled.**

■ Before you come to hospital

Important things to remember

- The date and time of your surgery may have to be changed at short notice. *While every effort is made to accommodate your booking, surgeries have to be rescheduled, or even cancelled on the day, due to emergencies and circumstances outside of the hospitals' control.*
- For your own safety and comfort, you may be transferred to another hospital for care.
- Due to limited seating in the waiting area, please be accompanied by only one person. Your family/friends may leave a contact number and staff will phone them when you are ready for discharge.
- The order of arrival is not necessarily the order of the theatre list. You may need to wait.

What to bring to hospital

- Admission letter and any other forms you have been asked to complete
- Medicare card, concession cards and health fund information
- Something to occupy your wait, such as a book or crossword
- Reading glasses and hearing aids
- Medical aids (e.g. CPAP machine) and mobility aids.
- Please bring all relevant private x-rays and scans.
Ensure you take them home with you when discharged.
- Please bring **ALL** tablets and medicines that you are currently taking,
in their original packaging, including puffers, vitamins and supplements.

For an overnight stay or longer also bring:

- Comfortable clothing and footwear
- Toiletries
- Your own pillow if you wish

All personal items should be marked with identification.

- **PLEASE LEAVE VALUABLES AND LARGE AMOUNTS OF MONEY AT HOME.**
Whilst security is taken very seriously, the hospital cannot take any responsibility for the safety of your belongings. Arrangements can be made to secure valuables in the Hospital safe if necessary.

Day surgery

Many surgeries are now conducted as day cases and you do not need to stay overnight.

Staff will ensure that you are well enough to be discharged. If you are not well enough to go home you may be kept in hospital overnight.

Do not expect to be discharged immediately after you wake up. Most patients are ready for discharge after about two hours. Discharge is dependent on your wellbeing and when you have tolerated food and drink without ill effect.

After anaesthetic or sedation, **YOU MUST HAVE A SUPPORT PERSON.**

A support person is a responsible adult to escort you home and be with you for 24 hours after discharge from hospital.

YOU CANNOT DRIVE YOURSELF HOME. This is for your own safety and comfort.

Please ensure you have a support person as **YOUR PROCEDURE MAY BE CANCELLED IF NO SUPPORT PERSON IS AVAILABLE.**

Staying overnight

Depending on the type of surgery and your general health status you may be required to stay in hospital after the surgery.

Hospital staff will notify your relatives when you are ready for discharge.

You should arrange for someone to transport you home on your expected day of discharge.

The ambulance is not available for routine hospital discharges and can only be used when the doctor certifies that the patient is unable to travel by any other means.

■ Before you come to hospital

Preoperative showering

It is important that your skin is as clean as possible before coming to hospital. This decreases the risk of infection.

Please shower the night before and before leaving home using your normal soap or the wash or sponges if they have been given to you. Please follow the instructions below to ensure this shower is effective in cleaning all areas of your skin.

If you are having a joint replacement, you will be given extra instructions for showering.

If you prefer, wash your hair the night before with normal shampoo. Please ensure your hair is dry when coming to hospital.

Dry yourself with a clean towel.

Wear **clean, cotton underwear and clothes**. Wear loose comfortable clothing and low-heeled shoes. **Brush your teeth**.

- **DO NOT** shave or wax hair on the area or limb where your surgery will be performed. If shaving is necessary, this will be done by hospital staff
- **DO NOT** use powder, make-up, perfumes, deodorant, after shave, hair products or body lotions.



Wet body and face in shower or bath.



Using soap wash your face.



Using soap work work downwards washing armpits and navel.



Wash genital and anal area well.



Rinse body well with water.



Wash hair and whole body again.



Wash armpits,navel, genital area well.



Rinse body and dry with clean towel and dress in clean clothes.

Preparation for surgery

Pathology

Please follow instructions for pre-operative tests such as blood tests and x-rays.

Pathology is open Monday–Friday at the following times:

Bundaberg: 8.30am–12noon and 1pm–4pm

Hervey Bay: 8am–4pm

Maryborough: 9.30am–3.30pm

No appointment is required. If you live in a rural area, **contact** your nearest **PUBLIC HOSPITAL** and arrange a time for your blood tests.

Smoking

It is highly recommended that you reduce or **STOP SMOKING** before your procedure and then you will be at less risk of developing complications. You should stop smoking at least 24 hours before surgery.

Alcohol

You should **NOT DRINK ALCOHOL** (including beer) for 24 hours before and 24 hours after your surgery

Jewellery and nails

Please remove jewellery/piercings/false nails/nail polish

Other things to consider

Start preparing for your discharge and consider the following:

- Arranging time off work
- Transport to and from Hospital
- Animals/plants to be cared for
- Home security (mail/newspapers/bins etc)
- Aids to be set up in the home. *You may not be as mobile or independent for a period of time after discharge*
- Help at home. *You may need assistance with everyday tasks or child care in the early stages after discharge.*

■ Before you come to hospital

Special needs Including cultural, linguistic and disabilities

We are able to accommodate special dietary needs including diabetic, gluten free, vegetarian, halal and kosher.

We have an interpreter service available and many of our education brochures come in a number of different languages including Arabic, Bosnian, Chinese, Croatian, Farsi, Serbian, Spanish and Vietnamese. If you or your relative believes that you would benefit from the use of an interpreter please phone the elective surgery office at your hospital.

Interpreter services are also available for hearing impaired patients.

Our staff can arrange to accommodate most of your special needs, however we kindly ask that you advise us as soon as possible by phoning the elective surgery office at your hospital.

Other information

- **Smoking** is strictly prohibited in and around the hospital
- **Phones** are installed in patients' rooms for incoming calls
- **Motel accommodation** is available within walking distance of the hospitals
- **Visiting times** are different between the hospitals and between each ward. Please check with hospital staff as to the visiting times appropriate to you. Visitors are to be aware that patients may need care even during visiting times and they may need to wait
- **Other services may be available**, please ask hospital staff: canteen, canteen trolley service, Red Cross library service, hairdresser, postage service.

What to expect

On arrival to the day procedure unit

You will be greeted by a nurse and asked to take a seat. Order of arrival is not the order of surgery and you may need to wait. A nurse will attend to your admission process as soon as possible.

The admission process involves checking all your details and confirming the booked surgery and consent are correct.

You must change into a theatre gown.

Your blood pressure, heart rate, oxygen saturation and temperature will be checked.

When theatre is ready you will be accompanied into the operating room.

After the procedure

You will be transferred to the Recovery Room. You will be monitored according to the surgery and to your individual wellbeing at the time. You may be given extra oxygen through a plastic mask.

Your recovery is individual and you may be ready for discharge between 30 minutes to 4 hours, depending on your wellness post-operatively.

If you experience any **pain, discomfort or nausea** please inform the nursing staff.

- Muscle aches and pains especially in the neck, shoulders and back can be caused by certain anaesthetic drugs. This will usually settle within 24 hours. Paracetamol can be taken to relieve pain. You may be given a prescription for stronger pain killers as decided by your doctor.
- Nausea can occur but should pass quickly. Deep breathing will help to relieve your nausea.
- Sore throat can occur from the breathing tube and this should pass within 24 hours.
- Disturbed ability to concentrate may be experienced for a couple of days.

■ At hospital

Before you go home

- Ensure you have all your belongings, medications and private x-rays.
- You will be given prescriptions for medications if required.
Please note, the hospital pharmacy will only dispense medications if you are unable to access your local pharmacy.
- Day surgery patients will be given a prescription (if required) which may be dispensed by the hospital pharmacy if you wish.
- Please ensure you have any follow-up appointment times arranged prior to your discharge. If you are not required to return to the hospital doctor, please make sure you know when to see your General Practitioner for follow-up care.
- If you require any medical certificates or other documentation please let hospital staff know and ensure you have received these prior to your discharge.

A summary of your hospital treatment will be sent to your General Practitioner by the hospital Doctors who have cared for you.

Going home via the transit lounge

We understand that you would like to be discharged as soon as possible, however, there are often some final processes to be completed before you are officially discharged. To facilitate your departure from the hospital you may be transferred to the **transit lounge**.

Open weekdays 8.30am–4.30pm.

The transit lounge has:

- Comfortable recliners
- Tea, coffee and sandwiches
- TV
- Toilets are nearby

The transit lounge staff are focussed on making your transition to home as comfortable and efficient as possible by ensuring your:

- Medication action plan has been provided by the hospital pharmacist along with any prescriptions as required.
- Transport home is organised

Please enjoy your stay in the transit lounge and we hope that your entire hospital experience has been positive. Feedback is encouraged.

Recovery at home

It is a proven fact that patients recover faster in their own home with support and the hospital interacts with many community services to make this possible.

It is imperative that you and your carer follow any instructions given to you by the hospital staff. Where applicable, you will be provided with instructions regarding wound care and any follow-up appointments that you may require.

If you had to stop any medication before surgery please follow medical instructions of when to start taking those medications again.

You may find after your procedure that you need to rest more frequently or that you are less mobile. You may need someone to help you with everyday tasks for a while.

Please ensure you have adequate pain relief at home e.g. Paracetamol (Panadol, Panamax). **DO NOT HAVE ANYTHING ASPIRIN BASED** unless prescribed.

For 24 hours after your sedation/anaesthetic:

- **DO NOT** drive or control any car, bicycle, scooter, skate board, boat or machinery including kitchen appliances
- **DO NOT** drink alcohol or take mind altering substances
- **AVOID** smoking for at least 24 hours as it can cause nausea and vomiting
- **DO NOT** participate in strenuous activity
- **DO NOT** sign documents or make important decisions

If you have any medical problems, please phone one of following numbers most appropriate to you:

- 13 HEALTH 13 498524 24 HOURS
- AMBULANCE 000 24 HOURS

■ At home

Blood clots (DVT and PE)

The risk of developing blood clots such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE) increases after surgery.

DVT occurs when a thrombus (blood clot) forms in one of the large veins, usually in the leg, leading to either partial or complete blockage of circulation. PE occurs when a fragment of a blood clot breaks loose from the vein and travels to the lungs. This is a dangerous condition which may be fatal.

Symptoms of DVT and PE

- Pain or tenderness in the leg
- Swelling in the lower leg, ankle and foot
- Red and warm skin
- Shortness of breath
- Sharp chest pain
- Fainting

Causes: One of the biggest causes of a blood clot developing is being immobile.

Risk factors: Smoking, overweight, cancer, previous DVT, Age over 60, major surgery, joint replacement, heart failure, lung disease, previous stroke, genetic blood clotting abnormalities.

If you develop any symptoms seek medical attention immediately.

Prevention in hospital

You will be assessed as to your risk of getting a blood clot and the following may be instigated:

- Compression stockings. Wear these at all times, even when sleeping. They should only be removed for showering. Never roll or fold down the tops of your stockings
- Intermittent pneumatic compression (inflatable calf compression)
- Blood thinning tablets or injections (e.g. Aspirin or Clexane)
- Exercises and mobilising, when you have been advised it's safe.

Prevention at home

- Avoid sitting for long periods. Get up and move around every hour. When sitting you can do heel/toe lifts
- Drink plenty of water (2–3 litres/day unless instructed otherwise)
- Avoid alcohol as it can contribute to dehydration
- If you must drive a long distance make frequent stops and walk around.

Exercises

Circulation

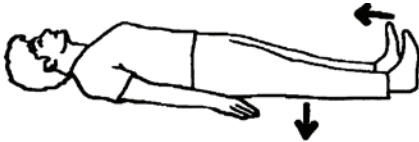
To prevent blood clots following surgery.

Ankle exercises: Pump alternate feet up and down, then around in circles as fast as you can 10–15 times. Repeat every hour.



Knee straightening: Sitting up in bed or lying on your back.

Push the back of your knees onto the bed while tightening your thigh muscles and hold your knee as straight as you can. Hold for 2–3 seconds. Repeat 10 times every hour.



Bottom squeezes: Tighten buttocks. Hold for 2–3 seconds. Repeat 10 times.

Knee bends: Lying on back with legs straight.

Slide alternate legs up and down the bed, bending your knee, keeping your heel on the bed. Repeat 10 times.



Chest exercises

Breathing exercises: Aim to do at least 10 every hour. Sit upright, take a slow deep breath in, expanding your lower ribcage as much as you can. Hold for 2–3 seconds, relax and slowly let the breath out. Do 5 breaths at a time.

Cough: Sit upright or if you are lying down bend your knees.

Depending on the surgery you had, support your incision firmly with your hands or a small pillow.

Breathe in deeply and cough firmly.

If you cough up some mucous, clear it into a tissue.

Although painful, it is better to have one or two good strong coughs.

Walking

Getting up and walking on the first day after your operation is one of the best activities you can do.

- It increases your blood flow (preventing clots forming).
- Improves your depth of breathing (opening collapsed areas of lung, and moving secretions).
- Helps the body overcome the “shock” of the surgery and gets you back to normal activities.

■ At home

Pressure injury prevention

A pressure injury is also called a pressure sore, pressure ulcer or bed sore. They can develop quickly, cause pain, get infected, leave scars and may delay your recovery.

To help prevent pressure injuries:

- Check your skin or let others help you with this
- KEEP MOVING
- Keep your skin clean and dry. Use a pH balanced mild soap and consider a water-based moisturiser on your skin.
- Eating healthy meals and drinking enough **fluid is very important.**

Signs that your skin might be damaged include:

- On-going pain in one spot that is not related to a surgical wound
- Red/purple/maroon skin
- Blistering
- Swelling
- Dry patches
- Shiny areas
- Warm/cool areas of skin
- Very cold areas of skin that could indicate poor circulation

If you notice any signs of pressure injuries, seek medical attention.

* Adapted from QLD Health 'Preventing pressure injuries at home'.



More information

If you would like more information about your care or would like to provide feedback, **please ask staff for a factsheet** or visit **www.health.qld.gov.au/widebay**. Some topics include:

- pressure injuries
- falls prevention
- your rights and responsibilities
- providing feedback

Useful contacts

Elective Surgery Office – Bundaberg	07 4150 2488
Elective Surgery Office – Hervey Bay and Maryborough	07 4325 6934
13 HEALTH – Health advice over the phone	13 498524
Emergency – Ambulance	000

Notes

Wide Bay Hospital and Health Service



Queensland
Government