



Day Surgery Information

The Lady Minto Hospital
 241 Eighth Street, Cochrane, Ontario P0L 1C0
 Phone: 708-272-7200

You Must Bring	Do Not Bring
<ul style="list-style-type: none"> ▫ Health Card ▫ All of your medication in original containers, including prescription drugs, insulin, inhalers (puffers), over-the-counter, herbal and alternative therapy. ▫ Assistive aids such as crutches, walkers, canes that you usually use or as ordered by your doctor. ▫ Photo ID, if available 	<ul style="list-style-type: none"> ▫ Large sums of money ▫ Jewellery ▫ Credit cards ▫ Cell phones (may be used in the promenade) ▫ Perfume/aftershave <p>Note: The hospital is not responsible for the loss of personal items or valuables.</p>

If your health has changed or if you develop a cold, flu, fever or other illness anytime before your operation, please call 272-7200 and leave a message along with your phone number.

Parental Consent

If you are under 16 years of age, a parent or legal guardian must come with you to the hospital.

On the morning of your surgery			
<p><u>Night before Surgery:</u></p> <ul style="list-style-type: none"> ▪ Nothing to eat after midnight ▪ Sips of water if required to take medication morning of surgery 		<p><u>No Smoking</u></p> <p>Smoking is not permitted in the hospital or on hospital property.</p>	
		<p>Another person must be at the hospital to escort you home.</p> <p>You cannot drive for 24 hours post-op.</p>	
<p><u>Medication</u></p> <p>If instructed, take your usual medication; take with a sip of water. You will be given specific information about your medications at the time of your PAC appointment.</p>		<p><u>Hygiene</u></p> <ul style="list-style-type: none"> ▪ Bathe and wash your hair the night before or the morning of surgery. ▪ Wear clean, loose fitting clothing. ▪ Do not wear any makeup, nail polish or perfume. 	

Before Surgery

You will come to the Hospital the morning of your surgery and you will usually go home that same day to recover.

When you arrive in the Operating Department a nurse will:

- a) Give you an ID bracelet. Check that the information on your bracelet is correct.
PLEASE DO NOT REMOVE
- b) Review your chart.
- c) Take your blood pressure, temperature and pulse.
- d) Ask you to:
 - ✓ Remove glasses or contacts lenses
 - ✓ Remove hairpins, barrettes, etc.
 - ✓ Remove all personal clothing
 - ✓ Wear a hospital gown (no underwear)
 - ✓ Leave your dentures in
 - ✓ Leave your medic alert bracelet on
- e) May start an intravenous in your hand or arm before surgery.
- f) May give you medication that you need before your operation.

To improve safety...

- The Healthcare workers at Lady Minto Hospital are working hard to make health care safety a priority. Everyone has a role to make health care safe, including you, the patient.
- The consent you signed for your surgery/procedure will be reviewed with you. If you have not signed your consent, you will be asked to sign an informed consent which confirms you and your doctor have discussed the surgery including what each other expects and risks associated with the surgery.
- The staff responsible for your care will confirm:
 - ✓ who you are
 - ✓ what kind of surgery you are having
 - ✓ the expected part of your body on which surgery is to be performed, including which side will be operated on
- You may be asked these questions many times:
 - ✓ staff will also double-check what you tell them against the documents provided by your doctor's office, including x-rays
 - ✓ this is being done for **your** safety.
- Depending on the type of surgery you are having, the doctor who will perform your surgery (or another member of the health care team) will mark the correct location on your body where the procedure is being performed. This is called site marking and is an important step in ensuring your safety and preventing errors, especially if you are having surgery on one of your arms, legs, hands fingers eyes, ears, etc. The mark or symbol may be made with a skin marking pen.

- The mark will be normally made before you are given any medicine to make you sleepy. If you need to be sedated before the mark can be made, a family member or friend may be asked to oversee the marking of the correct site.
- When it is time for your surgery, you will be brought to the Operating Room accompanied by a staff member of the surgical program. In the Operating Room, the nurses will explain the things they are doing, as they get you ready for surgery.
- Whenever you are asked to take a medicine, especially a new one, ask what it is for and its side effects. This will help ensure that you are receiving the correct medicine. If you have any questions or concerns about any medicine, you should raise these with your doctor or nurse.

After Surgery...

- It is normal to feel a little dizzy and sleepy after an operation. Do not drive or operate machinery for 24 hours. **We will call your family or friend to come and pick you up. You must have someone stay with you overnight.**
- Your doctor or nurse will ask you about any pain you may have. The health care team will be assessing your pain/discomfort and providing appropriate relief through medicines and other methods.
- Go home and rest for the day.
- Eat only a light meal (for example: soup and beverage) for today. Do not drink alcohol for 24 hours after your operation or if you are taking medication for pain relief (ie. Tylenol #3) or any other medication where alcohol use is not advised.
- Continue taking your regular prescribed medications at home unless otherwise advised by your Doctor.
- You will receive more instructions about your specific operation and recovery from your nurse.

Anesthesia – General, Regional or Local

The type of anesthetic chosen for you will depend on the type of operation and your health. There are three types of anesthesia which are explained below.

General Anesthesia

May seem like being asleep but it's very different.

- During general anesthesia, your anesthesiologist keeps you in a state of carefully controlled unconsciousness, with a mixture of very strong medicines, so that the operation is painless.
- General anesthetic usually involves medicines being injected into your vein to make you unconscious, followed by a mixture of narcotics and anesthetic gases to keep you unconscious. A medicine to keep your muscles relaxed may be given to help the surgeon. Oxygen is administered at all times, at first with a mask over the face and then through a breathing tube inserted through the mouth into the airway, after you are unconscious.
- When you are conscious and able to breathe without help, the tube is removed.

Regional Anesthesia

- Local anesthetic (freezing) is injected through a needle which the anesthesiologist places close to the nerve or nerves supplying the part of the body involved in the operation, so the area is numbed and there is little discomfort. The freezing is short-lived.
- The most common type of regional anesthesia is spinal anesthesia, which can be used to freeze the abdomen and legs, but also can be used for other parts of the body such as an arm.
- You may remain fully awake if you wish but usually your anesthesiologist will give medication to make you relaxed and drowsy.
- Freezing medication can last for different lengths of times depending on the effects of the different local anesthetics.
- At the end of your operation you are moved to the recovery room awake, relaxed and pain free.

Local Anesthesia

- Is the temporary numbing of a small area by injecting local anesthetic (freezing) into the skin and underlying tissue so the procedure can be done painlessly.
- This may be combined with intravenous sedation.

Neurolept Sedation

- During neurolept sedation, the anesthetist keeps you in a sleep like state, with a mixture of medications. These medications are administered through an intravenous, which has been inserted by one of the OR nurses. These medications are meant to relax you and provide pain relief.

Adapted from the Canadian Anesthesiologists' Society Public Information
http://www.cas.ca/public/anestheisd_and_you?default.asp?load=anesthesia (11/19/2004)