



PREOPERATIVE PATIENT INFORMATION

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You have visited a surgeon and the decision has been made to proceed with surgery. The following information will provide you with an overview of your preoperative and post-operative care.

This patient information booklet is designed to guide you through your preparation for surgery. Please read this booklet carefully and complete the Preoperative Patient Questionnaire Form given to you by your surgeon.

Bring this booklet with you to your preoperative clinic appointment and on the day of surgery.

Please let your nurse know if you have any questions or concerns when you arrive for your appointments.

Patient Name: _____

Surgeon: _____

Surgical Procedure: _____

Date of Surgery (mmm,dd,yyyy): _____

Anesthesia Consult Appointment No Yes _____

Preoperative Clinic Appointment No Yes _____

Telephone

In Person

Bloodwork

Diagnostic Imaging: _____

ECG

Other testing: _____

Additional Instructions:

We encourage you to be involved in your healthcare throughout your surgical experience:

- Speak up if you have questions or concerns about your care.
- Tell a member of your healthcare team about your past illnesses and your current health conditions.
- Bring all your medicines with you when you go to the hospital or to a medical appointment.
- Tell a member of your healthcare team if you have ever had an allergic or bad reaction to any medicine or food.
- Make sure you know what to do when you go home from the hospital or from your medical appointment.



PREOPERATIVE CLINIC APPOINTMENT

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If you are receiving an anesthetic, you will be booked for either an in person or telephone visit at the preoperative clinic at Woodstock Hospital. For “in person” appointments, please arrive 15 minutes prior to the appointment time in order to register. Registration is located on the main level to the right, just inside the front door.

The preoperative appointment time will vary depending on the number of tests you require as well as if you have to see an anesthesiologist during your visit. Plan on spending 1-3 hours at the hospital. You may eat or drink normally on the day of your preoperative clinic appointment.

Please bring the following to your preoperative visit or have the information readily available for a phone visit:

- Health card and any supplemental insurance information.
- All medications in their original containers including prescription, over the counter medications, and any herbal preparations you may take.
- Medication list from your pharmacist (if you have one).
- Contact information (phone numbers) where we can reach you or your loved one prior to surgery in case of any changes in the operating room schedule.
- Completed** Preoperative Patient Questionnaire (next pages).
- Any forms or requisitions provided by your doctor.
- An interpreter or support person as required.

During this visit we will arrange for any required bloodwork, x-rays, or special tests. We will attempt to have this testing completed while you are at the hospital; however, you may have to return at a later date to have special testing completed.

The nurse will review what to expect the day of surgery and how to prepare for your operation. The nurse will record your medical health information and check to make sure that your forms (Consent for Surgery and Preoperative Patient Questionnaire) are complete. If you have any questions regarding your preoperative visit, please call the Woodstock Hospital’s booking department at 519 537 2381.

The Woodstock Hospital website (www.woodstockhospital.ca) has additional information related to surgery that may be of interest to you.



PATIENT INSTRUCTIONS PRIOR TO SURGERY

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Please call Woodstock Hospital’s operating room desk (519 421 4220) on _____ between the hours of 1 p.m. and 3 p.m. to find out what time to arrive for your surgery.

Take a tub bath or shower in the evening or the morning prior to surgery. Do not use body lotions or creams. You may use deodorant. Wear loose fitting clothing and flat, non-slip shoes.

Eating/Drinking

No solid food including gum or hard candy 8 hours prior to arrival at the hospital on the day of surgery.

You can drink water up to 3 hours before arrival at the hospital on the day of surgery.

You may brush your teeth.

Medications

Review your home medications with the surgeon and/or anesthesiologist prior to your operation. The nurse (working with the doctors) will clarify which medications you should and should not take before your surgery.

On the morning of surgery, please **take** the following medications with a sip of water.

STOP the following medications prior to surgery:

Stop all herbal preparations 1 week prior to surgery.

Stop all recreational drugs 1 week prior to surgery.

Plan to stop smoking. Please do not smoke the day of surgery. Your doctor can inform you of available supports to make quitting easier.



Belongings

Please bring the following with you:

- Health card and any other health insurance papers.
- All medications in their original containers including prescription and over the counter medications.
- Any paperwork that may have been provided to you from your surgeon's office such as consent forms or patient history.
- Your hearing aids and/or your glasses
- Arrange for family members to bring your personal items and toiletries to your room after the surgery if you are staying overnight at the hospital.
- Book or magazine to read while waiting.

Please DO NOT bring/wear to the hospital:

- Remove all jewelry including body piercings.
- Remove all nail polish (fingers and toes).
- Do not wear any scented products (perfume, after shave, etc.)
- Leave all valuables (money, jewelry) at home.

Driving Instructions:

You will need someone to drive you home and stay with you following a day surgery procedure. This is mandatory. If you have not arranged for a ride home following your procedure, your surgery will be cancelled.

You must avoid driving, operating machines or power tools, making legal or financial decisions for 24 hours after surgery.

Special Circumstances:

- Patients with sleep apnea will stay approximately 2-6 hours post procedure for observation. If you use a CPAP machine please bring it with you to the hospital.
- A parent may stay with a child overnight if the child is admitted to the hospital.



DAY OF SURGERY – AT THE HOSPITAL

On your day of surgery report to Patient Registration located on the main level of the hospital just off of the main lobby. Once you are registered the clerk will direct you to the day surgery unit waiting area at the top of the second level staircase or just off of elevators 1 and 2.

Please wait in this area until the day surgery nurse calls your name. Any visitors that have accompanied you to the hospital will be asked to wait here unless otherwise directed. If you are waiting for 15-20 minutes and you have not been called into the department, please pick up the black phone on the wall and call into day surgery to let them know you are waiting.

The surgical team will guide you through the hospital stay. Your nurses will introduce themselves and prepare you for your surgery. There is a waiting time from the time you arrive at the hospital until you go for surgery, so you may wish to bring a book or magazine with you.

Your chart will be reviewed with you to ensure that the information is correct and that you have had all the proper tests completed, medications are up to date, and all the paperwork has been completed properly. Please let the nurse know if your medications have changed since your preoperative clinic visit.

The nurse will take your height, weight, blood pressure, pulse, temperature, respirations, and oxygen levels and record these in your chart.

You will be asked to remove all clothing and put on a hospital gown that does up in the back. You will be provided with slippers and a hat that covers your head. Ask your nurse for help if you require any assistance.

Most patients will have an intravenous solution (IV) started prior to surgery. This will be used to give you fluid and medications prior to and during your surgery.

Any additional testing needed prior to the surgery will be completed.

We will try to keep you comfortable with a warm blanket and reclining chair as you wait to go for surgery.

Just prior to going to the operating room you will be seen by the operating room nurse who will also review your chart with you and discuss any last minute concerns.

An anesthesiologist will speak to you either in day surgery or in the operating room prior to starting the procedure to explain the medications that you will be receiving and answer any last minute questions.

Operating Room

An operating room aide or nurse will escort you to the operating room. In most cases, you will walk from the day surgery area. Once in the room you will be asked to lay down on the bed while the team continues to prepare for the operation.

The operating team will do a surgical checklist before the surgery begins. This means everyone in the room will stop what they are doing to listen and confirm with the doctor your name and the type of surgery you are having. You will be asked to participate in this checklist to confirm your information.

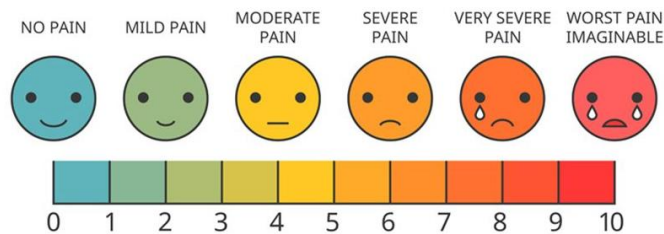


Recovery Room

You will go to the recovery room or post anesthetic care unit (PACU) after the surgery is completed. You will be closely monitored. A blood pressure cuff will be placed on your arm and a finger clip will be used to check your oxygen levels. The nurse will check your vital signs and comfort level regularly.

The nurse will assess your pain level using a scale from 1 to 10. The nurse will give you medications as required to keep you as comfortable as possible.

PAIN MEASUREMENT SCALE



Once you have completed your initial recovery (after approximately 1 hour), you will be transferred to either the day surgery department (if you are going home that day), or an inpatient bed.

Day Surgery Recovery – If you are leaving the same day as your surgery

You will return to the day surgery department to complete your recovery.

Your family will be notified of your return and the potential time expected for discharge. If they are present in the hospital, they may see you for a short visit prior to returning to the waiting area.

The nurses will continue to monitor your vital signs and provide medications as ordered.

The person you have named as your responsible driver will be called to pick you up as soon as you are ready to go home.

The nurses will begin their discharge teaching. Your support person may be included in the discharge teaching at your request. You will be provided with a written summary of the discharge instructions as well as a prescription for any medications that the surgeon may order.

Prescriptions can be filled at the Woodstock Hospital’s onsite pharmacy located on the main level of the hospital or at your own pharmacy.

Patients Staying in Hospital

If you are staying in the hospital following your surgery you will be cared for by nurses on the surgical inpatient unit until you are ready to return to your home. Your family member will be given a room number either using the tracking board in the waiting area or by the nurse.



The nurse will check your wound and continue to monitor your vital signs. The nurse will provide medications for nausea and pain control as ordered by the physician. Your healthcare team will review your progress each day and let you know which day you will be going home.

You will be encouraged to do deep breathing and coughing as well as get up to walk in order to assist with your recovery. You may see a physiotherapist who will provide coaching and assistance with helping you to move.

Exercises

Deep breathing helps to re-expand your lungs after surgery. This can help prevent breathing problems like pneumonia. Try to do these exercises 4 times each hour, while you are awake. You may stop the exercises when you have returned to your normal daily activity levels.

- Place your hands on your abdomen. Allow your abdomen to expand under your hands as you breathe deeply through your nose.
- If you have an incision on your abdomen, support it with your hands or a pillow.
- Take 5 deep breaths. Hold each breath 1-2 seconds.
- Breathe out completely through your mouth as if gently blowing out a candle.
- Coughing helps remove excess mucous from the lungs. Try to give one strong cough as you breathe out after each deep breath.

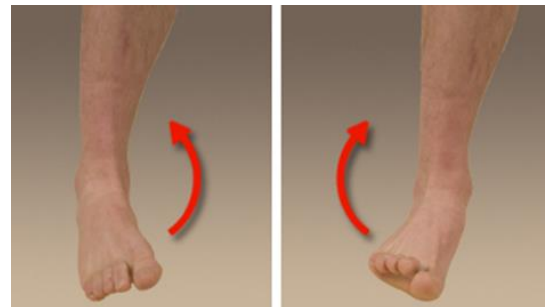


Leg exercises help to keep the blood flowing in your legs after surgery. Leg exercises can help prevent blood clots from forming.



Do leg exercises 4 or 5 times every 30 minutes while you are in bed. Here are some exercises to try:

- Extend your legs until they are lying flat out on the bed.
 - Bend your foot upwards and back at the ankle. Then point your toes, bending your foot at the ankle down towards the end of the bed.
 - Wiggle your toes.
- Next, circle your foot at the ankle to the right and to the left.
 - Repeat this 10-15 times with both feet.





DISCHARGE FROM THE HOSPITAL

Your recovery time will continue at home. Please consider the following:

- Arrange for family and child care needs.
- You may have lifting restrictions and need assistance during your initial recovery.
- You will need additional time to rest throughout the day.
- You may have bandages, staples or stitches in place that will need to be removed after discharge.
- Your surgeon will advise you on medication use post procedure and provide you with any additional prescriptions you may require.

The nurses will provide you with discharge instructions from your doctor specific to your surgery.

If you experience any of the following after your procedure call your surgeon or proceed to the nearest emergency department for care.

- A temperature over 38 degrees Celsius.
- Increased pain or tenderness near the incision.
- Pain not controlled by post-operative pain medications.
- Signs of infection such as increased swelling, redness or warmth of a wound or surgical area.
- Continued drainage at the site of the incision or wound that does not stop.
- Bleeding that soaks through your bandages.
- Nausea and vomiting that won't stop.



GENERAL INFORMATION FOR PATIENTS AND THEIR VISITORS

If you are unable to keep your appointment for either the preoperative clinic visit or your surgery, please contact both your surgeon's office and the operating room booking clerk at the hospital (519 421 4220) as soon as possible so alternative arrangements can be made.

Phone Numbers

Preoperative Clinic: 519 421 4233 ext. 2203

Day Surgery: 519 421 4233 ext. 2309

Operating Room Bookings: 519 421 4220

Patient Relations: 519 421 4233 ext. 3667

Scent Free

Woodstock Hospital is a fragrance free environment. The use of scented products can trigger health issues for some people. These include breathing problems, headaches, skin reactions and nausea. We ask that all patients and visitors do not wear any scented products (e.g. perfume, aftershave) when coming to the hospital.

Advanced Directives

Please let a health care team member know if you

- Have a living will or an advanced directive
- Have prepared a legal document naming someone to speak on your behalf should you be unable to do so.

Interpreter

For patients who do not speak or understand English:

- Please bring someone with you to the hospital that can interpret for you. This person should stay with you until you are fully admitted for surgery.
- We can help find someone to interpret for you if you let us know prior to surgery.

Privacy

When you are registered for surgery, the registration clerk will give you a tracking number. This number is private. You may share this number with your support person or visitors and they will be able to track your progress throughout your surgical experience.

Parking



- Visitor parking is located at the front of the hospital (access off of Juliana Drive).
- Payment is made on exiting the parking lot. There is a small, short stay (30 minutes) parking lot in front of the main entrance.
- Your ride will be asked to park there when picking you up at discharge. Please check the hospital website for updated parking costs.