



CARLETON PLACE
& DISTRICT
MEMORIAL HOSPITAL

Day Surgery
Patient Information Booklet
Pre-Operative Assessment Clinic

**Please bring this book to your admission to the
Hospital and to all of your appointments**

For information call:
613-257-2200
Between 8:00 a.m. to 4:00 p.m.
Monday to Friday

Your Health Care – Be Involved

- ✓ Be involved in your health care. Speak up if you have questions or concerns about your care.
- ✓ Tell a member of your health care team about your past illnesses and your current health condition.
- ✓ Bring all of your medicines and an up-to-date list with you when you go to the hospital or to a medical appointment.
- ✓ Tell a member of your care 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.

Patient safety is very important to Carleton Place & District Memorial Hospital and this information is provided to patients/families to help inform you of your essential role in your own safety.

The information contained in this booklet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular health care needs.



Protect Yourself !

Clean your hands frequently and ask your health care providers and visitors to do the same.

Clean Hands Saves Lives.

Your date of surgery is: _____

Our scheduling department will contact you 2 (two) days prior to your surgery date to confirm your admission time/date.

COVID-19 Screening

In order to ensure your safety in the current COVID-19 environment, CPDMH screens all patients for possible COVID-19 Symptoms. During your pre-operative appointment the nurse will ask if you have been in contact with someone who has a confirmed case of COVID-19 and if you are experiencing the following symptoms: Fever, cough, shortness of breath, runny nose, nasal congestion, sore throat or painful swallowing, abdominal pain, diarrhea, nausea, vomiting, headache, pink eye, loss of smell, chills, muscle aches, or fatigue.

If you are experiencing symptoms your surgery will be rescheduled when you are well.

Preparing for your surgery

You must follow these rules if you are to have your surgery on the scheduled date:

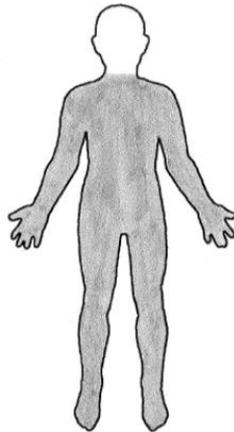
- **DO NOT EAT AFTER MIDNIGHT THE NIGHT BEFORE YOUR SURGERY OR YOUR SURGERY WILL BE CANCELLED.**
- You may have sips of **clear fluid** e.g. apple juice, water or ginger-ale, tea or coffee (without milk) up to 2 hours before surgery. No other fluids after midnight.

We will review your current medications with you during your pre-op appointment. You will be given instructions on which medications you may or may not take up to and including the day of your surgery. **If you use any inhalers bring them with you. Bring your medications with you to the Hospital.**



- If you are a smoker, stop smoking 24 hours before your surgery. We can provide you with smoking cessation support to prevent nicotine withdrawal during your hospitalization.
- The day of surgery, **do not** wear cosmetics, make-up, nail polish, contact lenses and any jewellery. **DO NOT wear any scented products, aftershave, cologne, perfume and deodorant, as many of our staff/patients experience severe reaction to these products.**
- Please bring your Ontario Health Card with you.
- **Do not** bring valuables (i.e. jewellery, credit cards, money) to the Hospital. **WE DO NOT ASSUME RESPONSIBILITY FOR ANY LOST OR STOLEN ARTICLES.**
- **Do not** drive your car to the Hospital the day of surgery. You must arrange for a responsible person who can drive or accompany you home after discharge. **Your drive must be available throughout the day of your surgery.**

NOTE: If you develop a cold or other illness, notify your Surgeon before your operation.



Jewellery and Body Piercing Removal Prior to Surgery



It is the recommendation of the Carleton Place & District Memorial Hospital that **all jewellery, including body piercing and wedding rings,** be removed prior to surgery.

The known risks of leaving in jewellery or body piercing in place during surgery may include:

- Injury from a burn if the electro-surgical unit is used during surgery.
- An increased risk of infection if the jewellery is near the surgery site. Jewellery harbours bacteria.
- Possible restrictions of blood flow by the jewellery/body piercing from tissue swelling near the surgical site following surgery.
- An increased risk of injury at the jewellery/body piercing if the jewellery or body piercing becomes tangled in the patient gown or sheets during positioning for surgery or when being transferred to the stretcher after the surgical procedure.
- An increased risk of injury during anesthetic if the body piercing is in the nose, tongue or mouth (**these MUST be removed**).
Body piercing can be removed by the “body piercing store”.

If you choose to accept these risks and arrive for your surgical procedure with the jewellery or body piercing in place, there is a possibility that your surgery will be cancelled by the Anesthesiologist or Surgeon depending on the location of the jewellery/body piercing.

If you choose to accept these risks and decide to keep your jewellery/body piercing for the procedure and the surgery proceeds, it will be documented on your chart that you were aware of the risks and that you will assume the responsibility for any negative outcome.

Arrival at Hospital

- Present to the front entrance of the hospital. You will be given a surgical mask.
- You will be screened for COVID-19.
- Enter alone wearing a mask, unless you need a caregiver present with you. The caregiver will be screened for COVID-19 and provided with a mask.

Report to Patient Registration on the main floor. Bring your Ontario Health Card with you.



1. From Patient Registration, you will be directed to hand in your chart at the Emergency desk. You will then wait in the Ambulatory Care waiting room.
2. A nurse will accompany you to the Day Stay unit. Children will be accompanied by 1 (one) parent or care giver.
3. You will be required to change into a hospital gown.
4. A Nurse will complete your preparation for surgery.
5. You will talk to your Anesthesiologist about types of anesthesia for your procedure and your Surgeon in the Day Surgery Unit. The Nurse, Anesthesia Assistant or Anesthesiologist will start an intravenous by inserting a small needle into your arm or hand.
6. An Operating Room Nurse will accompany you to the Operating Room.

After surgery

1. After your surgery, you will go to the Recovery Room for monitoring.
2. The Nurse will check your blood pressure, pulse and operative site frequently.
3. You will have an intravenous (IV).
4. You may have an oxygen mask on temporarily.
5. If you feel any pain or nausea, inform the Nurse. You will be given medication to help this.
6. The nurse will contact your designated driver/family member when you are ready to be discharged.
7. The Day Surgery Nurse will give you all your post-operative instructions before you leave the Hospital.
8. A Day Surgery Nurse may call you the day after your surgery.

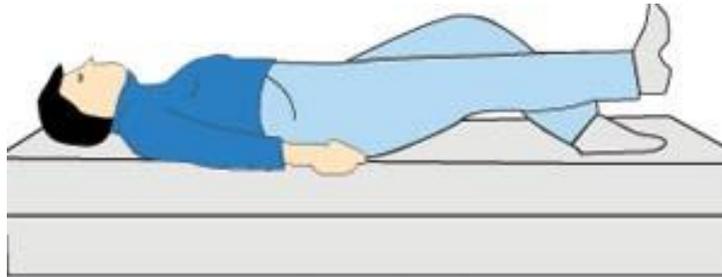
Leg exercises

You may be drowsy after the surgery, as you become more alert we will encourage you to exercise.

The following leg exercises will help to prevent complications:

- Point your toes towards your head, then towards the foot of the bed.
- Make your feet go around in circles 5 times.

This is done 4-5 times a day until you are walking.



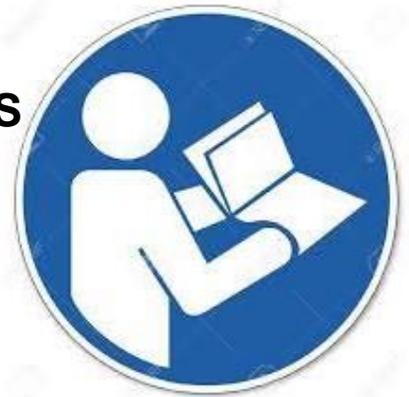
Deep breathing and coughing exercises

- Take a deep breath in through your nose and blow out through your mouth. Repeat this 3 times. On the third breath, cough 2 to 3 times.

This is done every 2 hours for the first day and then every 4 hours for the next 1-2 days.



GENERAL POST-OPERATIVE INSTRUCTIONS



We want your recovery to be safe and as comfortable as possible. For this reason, we suggest that you comply with the following advice:

1. You should have someone with you for the first few hours upon returning home. The Hospital does not send post -surgery patients home by TAXI.
2. You must not drive a car or operate machinery for at least 24 hours after the procedure.
3. You should limit activity requiring full concentration: e.g. making important personal or business decisions, or sending text messages, as full mental alertness may not return for several hours.
4. You should not drink any alcoholic beverages for at least 24 hours following your procedure as alcohol may influence the effects of the drugs you have been given.
5. You should eat lightly for the first meal following your procedure.
6. You should take it “easy” for a day or two.
7. If you are feeling discomfort or pain it is alright to take medications. If you have given a prescription for pain medication, use it as directed. If no prescription is provided, use a pain medication you are familiar with eg: acetaminophen. **DO NOT** take Advil 1 (one) week before or 2 (two) weeks after surgery unless otherwise directed by your physician.
8. If you have any problems or are concerned about your condition for any reason, please contact your Surgeon through his/her office or follow the directions on your Surgeon’s message machine regarding reaching another Surgeon.
9. If you are unable to contact your Surgeon or the Surgeon covering his/her practice, come to the Emergency Department of the hospital where you will be seen by an Emergency Physician.



YOUR DRIVE HOME MUST BE AVAILABLE FOR THE ENTIRE DAY OF YOUR SURGERY

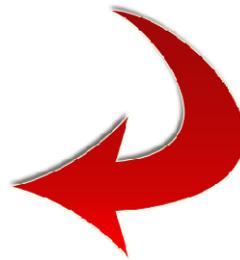
Please give these instructions to your designated driver.

Please remind your designated driver they are to be available for the entire day of your surgery and to ensure they keep their phone on and ready to receive the call from the Day Surgery Unit informing them of the time to pick you up.

Pick up information

The care partner/family members are encouraged to remain at the hospital. If partner/family are not able to stay, please ensure that they are within 10 minutes of the hospital. The Hospital **does not** send post -surgery patients home by TAXI.

For those who cannot remain and are collecting a patient, please park on ramp outside front of hospital. Proceed to the Emergency Triage desk and call the Day Stay Unit at extension 171 to advise you have arrived.



Post-operative dressing

1. If you are a Day Surgery patient, you will probably need some sterile dressings and tape at home after your surgery.
2. We advise you to purchase these supplies before your surgery.
3. We suggest that you get a small package of sterile 4" X 4" gauze pads and a roll of tape at the drugstore before your surgery.
4. Other: _____

If you have any questions about the dressing type to purchase, please check with your Nurse in the Pre-Operative Assessment Clinic.

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