

## Your surgery is at West Lincoln Memorial Hospital

➡ The day of your surgery, please go directly to Same Day Surgery (SDS) on the 1st floor.

\_\_\_\_\_ at \_\_\_\_\_  
date time

Your surgery time is \_\_\_\_\_.

**Special instructions:** \_\_\_\_\_

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## Important reminders

- ✓ On the day of your surgery please have no more than 1 adult with you.
- ✓ Most patients are ready to go home about 3 to 5 hours after their surgery.
- ✓ You must arrange for an adult to come to SDS to pick you up and be with you when you go home.
- ✓ You must arrange to have an adult stay with you for 24 hours after surgery.
- ✓ You must not drive, operate machinery, make major decisions or drink alcohol for 24 hours after surgery.
- ✓ Do not bring electronic devices such as laptops, iPads or cell phones. We cannot be responsible to keep them safe for you.

## What can I eat or drink before surgery?

- The night before surgery you can eat and drink normally until midnight.
- Do not eat or drink anything including candies or chewing gum after midnight.
- Your surgery may be cancelled if you eat or drink after midnight.



## Medications

- Take your morning medications as instructed, with small sips of water.
  - Bring your inhalers, insulin, nitro spray and eye drops to the hospital.
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## How do I prepare for surgery?

- Take a bath or shower with soap. Do not shave the area of surgery unless instructed.
- Remove all jewelry (including wedding bands) and body piercings. Jewelry and piercings not removed will need to be cut off.
- Wear your medical alert bracelet or necklace to the hospital.
- Remove contact lenses.
- Remove all make-up.
- Remove all nail polish and artificial nails on the foot, leg, arm or hand that you are having surgery on. For all other types of surgery, just remove nail polish or artificial nails from the fingers closest to your thumbs on both hands.
- Leave your money, credit cards, jewelry and valuables at home.
- Use a pad, not a tampon, if you are on your period.
- Do not wear perfumes or colognes, or use scented lotions or deodorants.

## What do I bring to the hospital?

- Bring your health card.
- Bring your inhalers, insulin, nitro spray, eye drops.
- Bring your housecoat and non-slip footwear (no flip flops).
- Wear loose, comfortable clothing.
- Wear your glasses or hearing aid. Bring a case for your glasses, hearing aid and denture cup.
- If you have sleep apnea, **you must bring your CPAP machine (clean and in working order)**. Otherwise your surgery may be cancelled.
- Leave your crutches in the car.

## When do I see my surgeon after surgery?

You may not see your surgeon until your follow-up appointment. Instructions will be given to you about this appointment before you leave the hospital.

## What if my health changes?

If your health changes between your clinic visit and the day of your surgery, please call your surgeon.

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## What happens in the Operating Room (OR)?

If you are able, you can walk to the OR patient receiving area. You may wear your glasses, dentures and hearing aids.

A nurse and doctor from the OR will review your surgery and answer your questions.

Once in the OR you will participate in a safety checklist that reviews all information related to your surgery.

If you are having an epidural or a spinal anesthetic, this will be done before starting surgery. You may be given medication through your IV to help you relax during the procedure.

You will be asked to breathe oxygen from a mask that is held over your nose and mouth. The anesthesiologist will give you medications through your IV to make you sleep.

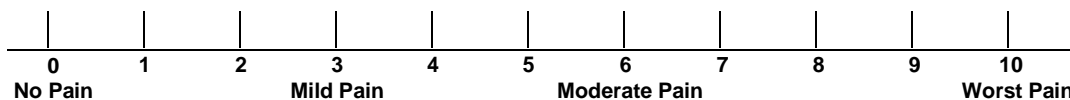
## What happens in the Post Anesthetic Care Unit (PACU) after surgery?

When you arrive in the PACU, you will have:

- an oxygen mask put on your face
- an oxygen monitor on your finger to check the oxygen level in your blood
- a heart monitor to check your heart rate
- your blood pressure, pulse and respirations checked every 5 to 15 minutes
- your incision checked frequently

## Will I have pain when I wake up?

You may have pain when you wake up. Most pain can be controlled or reduced by medication. Tell your nurse when you are having pain. You will be asked to rate the pain on a scale of 0 to 10.



## Can my surgery be cancelled?

Your surgery may be cancelled due to emergencies **OR** other reasons. Staff will keep you informed of any reason which may delay or cancel your surgery.

## How else might I feel?

It is normal to feel drowsy, thirsty, and/or nauseated. This is caused by the medications you had during your surgery. The nurse will let you know when you can drink.

## Will I be able to go to the washroom?

You may have the feeling that you need to empty your bladder. You may have to use a bedpan or urinal.

After your surgery, you may have a catheter to drain the urine from your bladder. This can give you the feeling that you need to urinate, which is normal.

## Can I have visitors?

There are no visitors allowed in the PACU. The average stay in PACU is 1 to 2 hours. When you are ready to leave the PACU you either go to SDS or to a bed on a surgical unit.

## Feedback

At Hamilton Health Sciences we welcome your feedback. Hearing from patients and families is the best way to improve our care and services. If you have compliments or concerns about your care, please speak with a member of your health care team or the unit/area manager.

If you wish to share your feedback or compliments further, or feel your concerns have not been addressed, please contact the **Office of Patient Experience at 905-521-2100, ext. 75240.**

**Your surgery is at the West Lincoln Memorial Hospital.  
Same Day Surgery is on the 1<sup>st</sup> floor.**

## Parking

- ✓ Parking is available in the east lot off of Main Street East in the Visitors & Patients parking.
- ✓ You will need to purchase a Pay & Display ticket for your dashboard. You can purchase a ticket at the kiosks located in the Visitor's parking lot and/or at the front of the hospital.