

Welcome to Day Surgery

Day Surgery

Patient Information Leaflet

Preparing for your appointment

Diet for general anaesthetic

Morning operation: to reduce the risk of anaesthetic you should not eat for 6 hours before your appointment. This includes chewing gum and sweets. We recommend that you have a drink of water before 6.30am.

Afternoon operation: you should have a light breakfast no later than 7.30am. Have a drink of water before 10.30am.

You should take any regular medication as usual on the morning of your operation with a small amount of water unless otherwise advised at your pre-operative assessment. If you take oral anticoagulants, aspirin or diabetic medication, you may be advised to stop taking these before your operation. If you are unsure please ring the Day Surgery Unit:

Furness General Hospital on 01229 491081.

Royal Lancaster Infirmary on 01524 512370.

Westmorland General Hospital on 01539 795205.

General Advice

No Smoking is allowed on the Hospital site and smokers are advised to avoid smoking 12 hours before the appointment.

A responsible adult must take you home by car / taxi. You must not drive yourself or use public transport after an operation.

Hospital transport is generally not available for patients attending day surgery.

It is your responsibility to arrange for a responsible adult to be at home with you for 24 hours after your operation. They must contact the ward to arrange a time to collect you.

Please bring the following items with you:

- Any drugs, medicines or inhalers you are using.
- Dressing gown and slippers to preserve your dignity when walking to theatre.
- Something to read.
- The telephone number of whoever is collecting you from the hospital.

Please help us to help you:

- Please bath/shower on the day of your operation.
- Avoid wearing heavy makeup. Do not wear nail polish, acrylic, synthetic or any other type of false nails.
- Do not wear jewellery other than a wedding ring and remove any body jewellery or piercings.
- If you are having a procedure on your left hand or left arm please remove your wedding ring.
- Wear glasses rather than contact lenses.
- Wear comfortable, loose-fitting clothing.
- Avoid bringing children. Due to limited space we ask that not more than one adult accompany you.

Please Note. There are no facilities for relatives to stay on the ward but there are canteen facilities available. Mobile phones may not be used in patient areas. Taking photographs is prohibited.

For 24 hours after your operation or anaesthesia

- **Do not** drive a car or ride a bike. This may be for longer depending on the procedure
- you have, you will be advised by the surgeon.

- **Do not** operate any machinery (including a cooker) or do anything requiring skill or
- judgement.

- **Do not** smoke or drink alcohol.
- **Do not** take sleeping tablets.
- **Do** observe any special instructions we may give you.

What will happen on the day?

When you arrive you will be greeted at the reception desk, then you will meet the nurses who will prepare you for surgery.

You will then meet the surgeon and the anaesthetist. You will find that you are asked the same question more than once. This is all part of a careful checking system.

As operating sessions run approximately between 8.30-12.30pm and 1.30- 5.30pm you may have to wait for some time for your operation. The time given in your letter is the time of your admittance. It does not mean your surgery will be straight after this as you will not be the only person having surgery for that session.

You will wake in the recovery area and then be taken back to the ward. Some degree of soreness and drowsiness is expected but this should not delay your discharge home.

Pain relief after your operation

Pain relief may be given before, during or after the operation. These may be by tablet, suppository, or injection. Local anaesthetic may be placed

around the operation site which may stay numb for several hours. As this wears off, you may experience some pain so take the pain relief regularly as instructed.

It would be useful to have a supply of suitable pain relief at home, such as Paracetamol or Ibuprofen which can be bought from a chemist. You may be given pain relief to take home with you. Further information will be given to you.

Enquiries and Visitors

In view of the short time you will be on the ward, visitors are not appropriate. However, enquiries can be made by phoning the Day Surgery Ward:

Furness General Hospital on 01229 491081.

Royal Lancaster Infirmary on 01524 512370.

Westmorland General Hospital on 01539 795205.

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Other formats

If you would like to receive this information in an alternative format, then please contact : 01539 795497

Travelling to our hospitals

For the best way to plan your journey visit our website:
<http://www.uhmb.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497

Useful Contact Details

NHS 111 for 24 hour health advice: Telephone 111

Your Information

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.uhmb.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497

References

Details of the references used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. Giving up smoking is the best thing you can do for your health.

Contact your local NHS stop smoking service:
NHS North Lancashire on 01524 845145
NHS Cumbria on 01900 324222

University Hospitals of Morecambe Bay Trust: a great place to be cared for; a great place to work.