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Pre surgical instructions

Patient Care Instructions for patients General pre-operative instructions Avoid aspirin and aspirin-containing products for 10 days before surgery. Avoid pain relievers like Motrin, Advil, Aleve, and similar drugs for 2 days prior to surgery. Inform your surgeon of all herbal and other alternative drugs/foods that you take. You may be instructed to use a prescribed medication prior to your procedure. Notify the office as soon as possible if you develop an illness, such as a cold. Do not smoke. Smoking is harmful to wound healing and increases the chance of complications. If you do smoke, you should inform your surgeon and stop smoking for two weeks before your surgery. Do not bring valuables with you to the hospital or surgical center. Be sure to have someone with you who can take you home and be with you overnight after outpatient surgery. Do not wear makeup, including nail polish, to the operating room. It is generally required that you not eat or drink after midnight before surgery. If you are having surgery in the head and neck area (facial surgery, especially) be sure to shampoo the morning of surgery. If you are having surgery on the abdomen, you should take a clear liquid diet for the day before surgery. If you have any questions, ask your surgeon. Ask your doctor about using your regular medications before surgery. If you have been requested, please bring special garments to the operating room, such as a bra for patients having breast surgery and pressure garments for patients having liposuction. Download and print as a PDF (247kB pdf) This information is about: the surgical pre-assessment appointment that you will have before your operation other ways in which you can help to make sure you are fit enough to have your operation and recover as well as possible. You have been given this information because you will be having a pre-assessment appointment before your operation. Reading this information will help you to get ready for your appointment and to know what to expect from it. Following the advice in this information can make it more likely that your operation and recovery will go as well as possible. Your appointment will be in the Surgical Pre-assessment Clinic at either St. Richard's, Southlands or Worthing Hospital. We will tell you where your appointment will be when it is made for you. At your pre-assessment appointment you will have a thorough health check (assessment), done by a nurse. It is important for you to have this check because it may not be safe for you to have an anaesthetic (medicine to make sure you're asleep and comfortable during the entire operation) or you may need further investigations before we proceed with your operation. Once we have checked how you are, we will do everything that we can to make sure that you are as fit as possible so that: you can have your operation your operation will be safe for you you will recover as well as possible afterwards. Please bring: an up-to-date list of any medicines you are taking. This should include medicines that are prescribed for you and any that you have bought over the counter (from a pharmacy, shop or online without a prescription). Please include details of: the reason you are taking the medicine the dose you are taking how often you take it. If you are unsure about any of these details for your prescription medicines do contact your GP surgery to ask or check on your online health record. A list of any health conditions that you have now or have had in the past (your medical history). If you have any letters from specialist hospital clinics that contain information about conditions or treatments you have had please bring these too. a record of your blood pressure (your Blood Pressure Diary). You only need to bring this if you are taking medicines to control your blood pressure, or you have been found to have high blood pressure when you have visited the hospital. Your appointment will take around 45 minutes. You will see a health care assistant and a nurse. They will: measure your weight, height and blood pressure. They may also: check your heart rhythm using an ECG machine take a sample of your blood take a swab to check whether you are carrying a germ called MRSA which could be harmful to you and to other patients. ask you about how you are and what medical conditions you have now or have had in the past. This will include asking you about any allergies that you have and how you have reacted to having anaesthetic medicines in the past. ask you about your social history. This might include, for example, asking about any work that you do, how well you are able to do the things that you need to without help, where you live and who may be able to care for you at home after your operation. finding out about your fitness and how easy you find it to move around and do exercise. tell you what you must do before your operation. This includes telling you: what you should eat and drink in the hours before your operation and when you must stop eating and drinking (giving you fasting instructions) which of your medicines you must stop taking and when what you should do, or what we may need to do, about any health conditions you have that need to be checked further or managed. Have your existing medical conditions checked by your GP. It is important to make sure that any medical conditions that you have are as well controlled as possible to avoid your operation being delayed or even cancelled. Your targets for managing conditions so that it is safe for you to have your operation are: diabetes: target HbA1c (blood sugar or blood glucose) less than 8.5% hypertension: target blood pressure less than 160/95 anaemia: target iron tablet dose: 1 tablet every other day. This will help you to absorb (take in) iron into your blood. Do contact your GP as soon as possible if you have any of these conditions and think they may not be well controlled and do not meet the targets above. Make changes to your lifestyle if you need to. You can help yourself to get ready for your operation my making changes to your lifestyle. Doing these things can help to make it safer for you to have an anaesthetic as well as helping you to recover as much and as quickly as possible. Be active and do as much exercise as you can. Eat a healthy, balanced diet. Find ways to relax and to deal with stress or anxiety you may be feeling about your operation (be mentally ready). Reduce how much alcohol you drink. Managing anxiety before surgery web page British Dietetic Association diet and nutrition information Depending on what we find out at your pre-assessment about how fit and well you are we will either: decide that you are well enough to have an anaesthetic and your operation. In this case the Admissions team will contact you with a date for your operation. refer you (send you) to have a further review by an Anaesthetist. We will let you know if there is anything further than the Anaesthetist would like us to do to help you to get ready to have your operation. Do contact the Admissions team if you need: to cancel or rebook your appointment or operation to ask for help with communication at your appointments such as someone to translate or a BSL interpreter. Phone: 01903 205 111 ext. 85061 The Pre-assessment Clinic team do not book your pre-assessment appointment or the date of your operation. Please contact the Admissions team. Be aware, they may direct you to your GP surgery or another healthcare team. Phone: 01903 205 111 ext. 85061. Information: This leaflet is for patients receiving care in St. Richard's, Southlands or Worthing Hospitals.The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner. In the days leading up to your surgery, you'll need to make travel arrangements for getting to and from the hospital and think about what to pack.Make sure you give your family and friends plenty of notice about your operation so they can take time off work to be with you, if necessary Check your hospital's policy on visiting times and let your family and friends know.Read more about visiting someone in hospital.Your hospital should contact you with more information before you come in. Details of what you need to do will vary depending on the hospital.Check the hospital's website for more information.Find the contact details of a hospital You'll be asked to attend a pre-operative assessment. This is an appointment with a nurse, either in person or as a video or telephone call.You'll be asked questions about your health, medical history and home circumstances.If the assessment involves a visit to the hospital, some tests may be carried out.This is to check if you have any medical problems that might need to be treated before your operation, or if you'll need special care during or after the surgery.The tests you have will depend on what operation and the kind of anaesthetic you're having.These tests might include tests for infection such as COVID-19, blood tests, urine tests and pregnancy test for women.This assessment will usually happen one or more days before your operation.Make sure you know the results of any previous tests, as well as all the medicines, vitamins and herbal supplements you take.You'll be given clear information on:whether you need to stop eating and drinking in the hours before your operation:whether you should stop taking your usual medicines before going into hospital:what to bring with you into hospital:whether you'll need to stay in hospital overnight and, if so, for how long Watch this video to find out what a pre-operative assessment involves. If your doctor has instructed you not to eat (fast) before the operation, it's important that you do not eat or drink anything - this includes light snacks and sweets. You may be able to drink water but check with your doctor.You need an empty stomach during surgery so you do not vomit while you're under anaesthetic.If you take insulin because of diabetes, you'll still need to avoid eating and drinking before surgery, but make sure your medical team is aware of your condition so appropriate precautions can be taken. You'll need to remove all body piercings, make-up and nail polish before your operation.This can help reduce unwanted bacteria being brought into the hospital. It also helps doctors to see your skin and nails to make sure your blood circulation is healthy.Some hospitals may request that you have a bath or shower before coming in for your surgery. If you're staying in hospital, you may wish to pack: a nightdress or pyjamasday clothesclean underweardressing gown and slipperssmall hand toweltoiletries - soap, toothbrush, toothpaste, shampoo, deodorantperiod pads or tamponsrazor and shaving materialscomb or hairbrushbook or magazinessmall amount of moneymedicines you normally take, and a list of the doses for each medicineglasses or contact lenses with casenotebook and penhealthy snacksaddress book and important phone numbers, including your GP's contact detailsYou may want to check with your hospital about their policy on the use of mobile phones, MP3 players and laptops or tablets during your hospital stay.Remember to bring your appointment card or admission letter with you, too. Think about how you'll get to the hospital and back again. You will not be able to drive yourself home, so you should arrange transport or ask a friend or relative to help.In some cases, the hospital may be able to arrange transport home for you.Some hospitals charge for parking. You may be able to check whether you have to pay for parking at your chosen hospital by finding your hospital and selecting "facilities". If you're unable to attend your hospital appointment or do not feel well enough to have your operation, let the hospital know as soon as possible. They'll be able to talk to you about rearranging the appointment.Let your surgeon know if you develop a cough, cold or high temperature a few days before surgery. They'll advise whether your operation can go ahead. This video is a practical guide on how to prepare for your child going into hospital. Page last reviewed: 09 July 2024 Next review due: 09 July 2027 Your first appointment will be with a consultant or another member of the surgical team. You may be able to bring someone with you to this appointment. At your appointmentYou may be asked to fill in a self-assessment health questionnaire.At this stage, it's not guaranteed you'll be offered surgery. The consultant will make this decision after carrying out tests, making a careful assessment, and weighing up all the treatment options available to you.You may want to ask your specialist the following questions:What are the different types of treatment for my condition?What are the benefits, side effects and risks of each of these treatments?Why are you recommending I have this operation?Are non-surgical treatments possible for my condition?What happens if nothing is done about my condition?If an operation is necessary, this will be your chance to find out what the operation involves, why it's needed, and whether it's suitable for you.Below are some questions you may want to ask:Who will perform the operation?What qualifications and experience do they have?What exactly does the operation involve, and how long will it take?What type of anaesthetic will I need?How long is the waiting list for this operation?How will I know if the operation is a success?Do not be afraid to ask practical questions, such as:Will I need stitches, and will there be scarring?How long before the operation will I need to stop eating and drinking?How long will I need to stay in hospital?How long will it take me to recover and get back to normal?Will I need time off work and, if so, for how long?Make sure you discuss any concerns with the consultant.You may wish to ask if there's any written information about the operation or procedure you can take away with you.At the end of the session, your consultant may book your operation or ask you to come back for a further appointment.Once booked, you should receive a letter with details of your operation asking you to confirm you're happy with the proposed date and time. Before having a planned operation, your consent should be obtained by the surgeon well in advance.This is to ensure you have plenty of time to examine any information about the procedure and ask questions.You're entitled to withdraw your previous consent if you change your mind at any point before the operation.Read more information about consent to treatment. Page last reviewed: 09 July 2024 Next review due: 09 July 2027 Your observations will be taken (blood pressure, heart rate, temperature, respiratory rate, oxygen levels, height, weight and BMI). Your medical and anaesthetic history will be taken by a nurse. This includes any medications you are currently taking. The nurse will identify any medications which require adjustments. Depending on your surgery, you may be given a prescription or some medications to use prior to your procedure. You will be given pre-operative advice which will include fasting instructions. These instructions can also be accessed in the leaflet below. You will be given some post-operative advice including how to prevent blood clots. More detailed advice for travellers – DVT prevention for travellers | Health topics A to Z | CKS | NICE You will be asked about your plans for transport home and who will care for you after the operation Depending on your planned surgery and medical history, further tests might be required. These may include bloods, swabs and an ECG. For certain operations or if you have a complex medical history, you may be required to see an anaesthetist. This appointment might be on the same day as your nurse appointment, or you may need to return for this at a later date. At your appointment, you may need to see other healthcare professionals such as nurse specialists, dieticians, physiotherapists, and speech and language therapists (SALT). Some Pre-Op Assessments can be completed over a telephone or video call. You may then require an appointment with our healthcare assistants (HCAs) to complete any outstanding tests. Our booking team will contact you to arrange this. Following your Pre Op Assessment, your nurse or anaesthetist might refer you for further investigations to ensure it is safe to proceed. We will then establish when you are 'fit to proceed' so that you can be put forward for your surgery. Leaflets Preparing for Elective Surgery Helping Prevent Blood Clots in Hospital You can do some things that will help you safely prepare for surgery. Understand exactly what surgery is planned. You should know the risks, benefits, and other options. Tell your doctors ALL the medicines, vitamins, supplements, and herbal remedies you take. Some of these can increase the risk of bleeding. Or they may interact with anesthesia. Follow your doctor's instructions about which medicines to take or stop before your surgery. You may need to stop taking some medicines a week or more before surgery. If you take aspirin or some other blood thinner, be sure to talk to your doctor. Follow any other instructions your doctor gave you. If you have an advance directive, let your doctor know, and bring a copy to the hospital. It may include a living will and a durable power of attorney for health care. It lets your doctor and loved ones know your health care wishes. If you don't have one, you may want to prepare one. Here are some tips about what to do at home before you leave for your surgery. If your doctor told you to take your medicines on the day of surgery, take them with only a sip of water. Follow the instructions about when to stop eating and drinking. If you don't, your surgery may be canceled. Follow your doctor's instructions about when to bathe or shower before your surgery. Don't use lotions, perfumes, deodorants, or nail polish. Do not shave the surgical site yourself. Take off all jewelry and piercings. Take out contact lenses, if you wear them. Have a picture ID ready to take with you. Your ID will be checked before your surgery. Know when to call your doctor. Call your doctor if you: Become ill before surgery. Need to reschedule. Have changed your mind about having the surgery. Here are some things you can expect to happen before your surgery. Your picture ID will be checked. The area of your body that needs surgery is often marked to make sure there are no errors. You will be kept comfortable and safe by your anesthesia provider. The anesthesia may make you sleep. Or it may just numb the area being worked on. Be sure you have someone drive you home. Anesthesia and pain medicine make it unsafe for you to drive. You will get instructions about recovering from your surgery. This is called a discharge plan. It will cover things like diet, wound care, follow-up care, driving, and getting back to your normal routine. Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take. Go to 📌 Enter Q270 in the search box to learn more about "Learning About How to Prepare for Surgery". Your admission letter from the hospital will tell you the date and time of your operation, and what time you need to arrive.It should also tell you which ward or department you're going to be in, the hospital or ward's contact number, and the name of the consultant who'll be taking care of you.When you arrive, you'll be welcomed by a member of staff, who'll explain the processes to you and give you an identity bracelet to wear during your stay in hospital.During your time in hospital, you may be asked the same questions by several people. This is routine, and ensures that correct information about you is checked and available at each stage of treatment.You may want to ask some questions of your own, such as:What happens before the operation?Why do I have to wear the surgical stockings?What will I feel like after the operation?How long will the effects of the anaesthetic last?How will my pain be managed after the surgery?What should I do, and who should I tell, if I'm in pain?What are the visiting arrangements?Will I return to the same ward after the surgery?When will I see the consultant?When can I expect to go home after the operation?When will I be told about any results of samples taken? Take any medicines your doctor asked you to take before surgery. If you normally take medicines for a condition, such as tablets or insulin for diabetes, make sure you discuss this with your specialist as soon as possible before your operation.You'll also be asked whether you're allergic to any medicine including anaesthetic, or whether any relatives have ever had any similar problems, so suitable precautions can be taken. If visitors are allowed, then family or friends may be able to stay with you until you leave for the operating theatre, at which point they can wait for you in the waiting room.Check your hospital's policy on visiting times, and read more about visiting someone in hospital. You'll be asked to get undressed and change into a hospital gown. The details of the operation will be explained to you.For many operations, a needle connected to a drip will be put into your hand. This allows fluids, nourishment and medicine to be given while you're under anaesthetic. You'll be given an anaesthetic so you do not feel any pain during the operation.A general anaesthetic will be needed for a major operation, which means you'll be asleep throughout the whole operation. It'll be given to you via an injection or gas, which you breathe through a mask.There's no need to be anxious about having a general anaesthetic. The anaesthetist will be by your side the whole time you're asleep, carefully monitoring you, and will be there when you wake up.If you do not need to be asleep, you'll be given a regional anaesthetic. This means you'll be conscious throughout, but you will not feel any pain.It may be a local anaesthetic, where a small area is numbed, or an epidural, which reduces sensation in the lower areas of your body. Page last reviewed: 09 July 2024 Next review due: 09 July 2027