



A Patient's Guide to Surgery

Same Day Surgery

Your Surgery Date: _____

The hospital will call with your arrival time 1-2 days before your surgery.

Having Surgery at Quinte Health



Quinte Health is dedicated to making our patients feel safe and comfortable during their hospital experience. Throughout your surgical journey you will be cared for by many members of our team—nurses, doctors, physiotherapists, respiratory therapist, personal support workers, volunteers, and many more—all who have an important role in supporting you and your family before, during and after your surgery. As a team, we strive to provide care based on our guiding hospital values: *imagine it's you, value everyone, we all make a difference, and stronger together.*

We know surgery can be a scary time for you and your family. This booklet is designed to help answer your surgery-related questions and hopefully help ease some stress during your time in hospital.

This book has been organized to mirror the surgical experience.

1. **How to Prepare for Your Surgery:** includes things to tell your surgeon, pre-surgical testing, and information that is important for your safety.
2. **Your Day Of Surgery:** what to bring, your arrival, and what to expect in hospital.
3. **After Your Surgery:** This includes information about the recovery room and pain medications.
4. **Pre-Surgery Checklist:** Please use this checklist to make sure you are properly prepared for your day of surgery.



Throughout the booklet you will notice this triangle symbol. These sections are especially important and need your attention. Please review carefully.

There is a section at the end of this booklet to write down your questions and notes. Please bring this booklet with you on the day of your surgery so you can talk to your care team.

Preparing for Your Surgery

Things to Tell your Surgeon:



Medications

- Make sure you tell your surgeon what medications you are taking. Please include any medicines or herbal products that you purchase yourself or that are prescribed to you. Please let your surgeon know about anything that you ingest, inhale, or apply to your skin. It is very important to tell you surgeon if you are taking **Aspirin (ASA), Plavix or blood thinners (like Coumadin, Warfarin, Xarelto, Rivaroxaban, Lixiana, Apixibana)**. These may need to be stopped before your surgery. Your surgeon also needs to know if you use **alcohol** or **recreational drugs** because these can change how you recover.
- Tell your surgeon if you normally receive antibiotics for surgery or dental work because of a heart murmur, heart valve replacement, joint replacement, or another condition. This helps them decide what antibiotics you might need for surgery.
- Please tell your surgeon if you have recently been prescribed any new or temporary medications, such as antibiotics for a recent infection or injury.



Sleep Apnea

It is very important to tell your surgeon if you have sleep apnea. If you use a breathing machine (a CPAP), you **must** bring it with you the day of surgery.



If you experience an injury or develop a sore throat, fever, cold, or COVID 19 within a few days before your surgery, please call your surgeon.



If for any reason, you cannot keep your appointment, please call your surgeon's office

Pre Surgical Testing

During the visit with your surgeon you will receive instructions for any tests you might need before your surgery. They will give you a requisition and instructions to either have these tests done in the hospital or at a lab in the community (e.g., Life Labs). It is important that you follow these instructions closely and get your tests done.

Pre-Surgical Assessment Phone Call

You may receive a phone call from a Pre-Surgical Assessment Nurse before your surgery. The nurse will review what you can eat and drink before surgery and answer any questions you might have.



You will be given instructions on what medications to take before your surgery. **Write these down as you will need to follow these instructions exactly.**

COVID-19 Assessment Centre

Quinte Health continues to adapt to current health and safety recommendations. Someone from the **COVID-19 Assessment Centre may call you a few days before your surgery** and ask you some questions. These questions will determine whether or not you need a COVID swab before your surgery.

If you are in need of interpretation services, please coordinate this with your surgeon's office.

Important for Your Safety



For your safety during surgery and while under anesthesia, it is very important that you follow the following instructions carefully.

Eating and Drinking Instructions



Do not have **any food** after midnight the day of your surgery.



You are allowed to drink **clear fluids** on your day of surgery until **1 hour before your hospital arrival time.** Stop drinking fluids 1 hour before you are scheduled to report to hospital. Clear fluids include: water, apple juice, ginger ale, Gatorade, **black** tea or **black** coffee (**no milk or creamer**).

If you do not follow these eating and drinking instructions exactly, **your surgery may be delayed or cancelled.**



Do not drink any alcoholic beverages for at least **24 hours before** your surgery as alcohol may interfere with your anesthetic or medications.



We recommend not smoking for **48 hours before** your surgery. There is no smoking on Quinte Health property.



You will not be able to drive home after your surgery. **Please make the necessary arrangements for someone to take you home and stay with you overnight.** Information about respite care is also available. You may not take a taxi or public transit unaccompanied after your surgery.

Keeping You Healthy

Surgical site infections occur when harmful germs enter your body through your surgical site. Infectious germs are everywhere—on your skin, in the air and on things you touch. Most infections are caused by germs found in and on your body.

What Your Surgical Team is Doing to Prevent Infections

- Proper hand-washing and scrubs
- Cleaning your skin prior to surgery using an antiseptic solution
- Wearing uniforms, masks, caps, sterile gloves and gowns
- Covering you with sterile drapes during surgery
- Keeping you warm
- Using the right dressings to keep your surgical wound protected
- Administering antibiotics prior to surgery if required

What You Can Do to Prevent Infections

- Have a shower or bath the morning of surgery
- Remove all jewelry
- Do not shave your surgical site before surgery
- If you smoke, try to stop or cut back
- If you are prescribed antibiotics take them all (even if you feel better)
- Care for your wound as instructed
- Eat healthy and get plenty of rest

Preventing Blood Clots

After surgery, there is a small risk of blood clots forming in the veins of your legs. You can reduce the risk of blood clots by moving around as early as you can after surgery and doing exercises as instructed even when you are resting.

These exercises may not be right for you if you have had hip, knee or ankle surgery. Speak with your surgeon or nurse if you have any questions.

The Day of your Surgery



Before Your Arrival:

Do

- ✓ Bring your CPAP (if you have sleep apnea)
- ✓ Take a shower or bath the morning of your surgery. Wear clean, comfortable clothes to the hospital
- Bring a proper storage container for your hearing aids, dentures, glasses or contact lenses. Glasses and dentures will be removed just before surgery
- ✓ Follow the **exact** instructions on what medications to take and not to take before your surgery. These instructions are given to you during your pre-surgical phone call.
- ✓ Bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops, creams and/or patches.

Do Not

- ✗ **Do not** bring valuables to the hospital. The hospital is not responsible for lost items.
- ✗ **Do not** wear contact lenses. These could damage your eyes while under anesthesia
- ✗ **Do not** wear any makeup, fingernail or toenail polish
- ✗ **Do not** wear scented products (perfumes, colognes, scented soaps, lotions, etc.)
- ✗ **Do not** wear **any** jewelry- this includes earrings, rings, necklaces, body-piercings and tongue studs

If you need interpretation services, make sure you have told the Pre-Surgical Assessment Nurse or arranged another method (family member, texting/writing).

Your Arrival

- Please arrive at your scheduled time. This prevents a delay in your surgery. Be aware that your surgery time may change due to emergencies. Please be aware that your arrival time is not your surgical time. The assessment takes time and you will be required to wait. Please bring a book or activity with you.
- Bring your Health Card **and** any Quinte Health booklets provided to you by your surgeon. **PLEASE** ensure that your Health Card is **valid**. Your surgery will be cancelled otherwise.
- If you have insurance, please bring your extended health coverage/insurance card
- You may want to bring a book or magazine to read while you wait. If you bring a device, please ensure you have your own charging cable. The hospital is not responsible for lost items.

Trenton Memorial Hospital

Parking

In Trenton, visitor/patient parking is available in front of the hospital **MAIN ENTRANCE**. The main entrance is on the south west side of the hospital, off of King Street. **DO NOT** enter the hospital through the emergency department entrance.

Bring your parking ticket with you into the hospital and pay before returning to your vehicle. Payment machines are in the main entrances and accept cash and credit cards.

Parking is not allowed in fire routes. Drivers are only permitted to stop in these areas to drop off or pick someone up. Unattended vehicles may be ticket or towed

Trenton Patient Directions

1. Enter at the Main Entrance (not the emergency department entrance)
2. Go to Patient Registration (enter main entrance, turn right and go through the “double doors.” Patient Registration is the first door on the left hand side, past the double doors.
3. You will speak with a clerk who will give you an armband and paperwork
4. You will be directed to the Same Day Surgery waiting area (also called ‘green zone’). Please have a seat and a Same Day Surgery Nurse will come meet you there.

Belleville General Hospital

Parking

In Belleville visitor/patient parking is available in front of the Sills Wing and WCA building. **The BGH main entrance has been permanently relocated to the Sills entrance.**

Bring your parking ticket with you into the hospital and pay **before** returning to your vehicle. Payment machines are in the main entrances and accept cash and credit cards.

Parking is not allowed in fire routes. Drivers are only permitted to stop in these areas to drop off or pick someone up. Unattended vehicles may be ticketed or towed

Belleville Patient Directions

1. Enter at the Sills (main) Entrance
2. Go down the corridor to the right, to the Discharge Elevator
3. A green arrow on floor is pointing to Discharge Elevator halfway down the corridor
4. Proceed to Level 1: Once you get off the Discharge Elevator on Level 1 signs will direct you to Day Surgery Registration
5. A clerk will register you for your surgery at the Day Surgery Registration desk
6. Take a seat in the waiting area or hallway as directed. A Same Day Surgery nurse will come meet you there.

What to Expect

- A nurse will bring you into the Same Day Surgery (Pre-operative Unit). You will be asked to change into a hospital gown; your clothes will be bagged and labeled.
- Your Nurse will complete a health assessment. This will include asking you questions (about your procedure, allergies, medications, when you last ate or drank, etc.), starting an intravenous (IV) line, and performing any required tests.

Quinte Health performs pregnancy tests on all patients with uteruses of childbearing age or ability before surgery. If you are between the ages of 12 and 50, you may be asked for a urine sample. Please avoid going to the washroom once in hospital.



If your surgery is side-specific (for example: left hip, right wrist, right-sided hernia) your surgeon will mark the correct side with their initials. **At this time your job is to verbally confirm with them which side your surgery is on.** This is an important safety protocol—please ask your surgeon or nurse if you have any questions.

The Operating Room (OR)

- Each member of the OR team—nurse, anesthesiologist and surgeon—will come talk to you and review your hospital chart in Same Day Surgery.
- When the OR team is ready, one of the team members will bring you from Same Day Surgery to the OR—first confirming your name using your armband.
- In the room you will lie on the OR bed and be covered by warm blankets as the operating room can be cold.
- Before giving you any sedating medications, the OR team will perform a *Surgical Safety Checklist*. This is another important safety protocol. You will be asked to verify your name, birthdate, allergies, and procedure. This might feel repetitive, but it is an important part of keeping you safe.

Recovering after your Surgery

The Post-Anesthetic Care Unit (PACU)

After your surgery you will be moved to the PACU (Recovery Room). It is normal to feel a little bit ‘groggy’ or ‘hazy’ while you are waking up after your surgery.

You will be cared for in the PACU by a nurse who will keep a close eye on you.

Throughout your stay:

- The PACU nurse will ask you questions.
- You will be getting oxygen through a tube in your nose or a mask; the nurse will ask you to take long, deep breaths.
- You may experience some nausea or pain after your surgery. The team in the OR has already given you medications to try to decrease this and the PACU nurse will also provide medications to relieve discomfort.
- Warm blankets will be provided to keep you comfortable.

The length of stay in PACU varies depending on how you are feeling and the care you need. Tell your visitors not to go far as it can be as short as 30 minutes.

Visitors

Visiting restrictions may change due to public health measures.

We understand having your family and/or friends with you in hospital is important. As you move through the different phases of your surgery we have different rules around visitors, these are in place to keep you and the other patients safe.

Same Day Surgery: In most cases, visitors are not allowed in SDS, except in extenuating circumstances (ie. Paediatrics). The nurse will make these arrangements after they have finished their assessment. If your family wishes to speak to the surgeon following your surgery, there is a surgery waiting area which the SDS Nurse can direct your visitors to. If your family wishes to leave the hospital, a phone number may be left for the surgeon to call after surgery.

Visitors **MUST NOT** visit if they are feeling unwell (fever, cough, sore throat, vomiting), have tested positive for COVID-19 **OR** have been told to self-isolate.

Visitors must wear a mask at all times, and may be provided with gown or gloves to keep patients safe. **Please clean your hands before and after visiting a patient.**

Alternative visiting (e.g. pet visitors and/or animal-assisted therapy) must be pre-arranged by contacting the In Charge Nurse in advance of the visit.

Patient care is our priority; if visitors are asked to leave for any reason, please respect this request.

Pain Medications

While you are recovering from your surgery you may experience pain. This is a normal response to surgery. Sometimes pain is mild and easily tolerated, other times it can be disabling, but usually it is somewhere in between. The staff will assess your pain throughout your staying, using a pain scale. 0 means you're not having any pain, while 10 means it's the worst pain you have ever felt. The goal is to keep pain somewhere in the middle.

The goal is to use the right medication to control your pain and help you recover, while not placing you at risk of serious and/or dangerous side effects.

There are many ways that we will treat your pain: rest, ice, physical therapy and medications. In some cases, your physician will choose stronger pain medications to help control your pain.

If stronger pain medications are prescribed to you after surgery, they should only be used if alternative forms of pain control (rest, ice, over-the-counter medications etc.) are not enough. All pain medications are intended to improve your pain enough so that you are able to do your day to day activity, **but not decrease your pain to zero**. Some pain is part of the healing process and should be expected during your recovery.

Side Effects to Expect: Constipation, nausea, dry mouth, itchiness, sweating, and dizziness. Some people are more sensitive to the side effects of opioids and may need a lower starting dose or more careful monitoring.

Risks of Using Pain Medications: Many people have used stronger pain medications such codeine, fentanyl, hydromorphone, morphine, tramadol and oxycodone without problems. However, serious problems that can happen include overdose and addiction. It is important to follow the instruction on the prescription, use **the lowest possible dose for the shortest possible time**, and to be aware of signs that you are getting too much medication (experiencing overdose). Avoid alcohol and benzodiazepines (for example, Xanax, clonazepam, Klonopin, lorazepam, Ativan, diazepam, Valium).

Signs of Overdose

Stop taking the drug and get immediate medical help if you have the following while taking opioids:

Your family member or caregiver needs to call 911 if:

- You can't speak clearly

Pre-Surgery Checklist

Please use this checklist to make sure you are properly prepared for surgery

10 Days Before Surgery

- Talk to your surgeon if you are taking **Aspirin (ASA), Plavix or Blood Thinners**
- Make arrangements for someone to drive you and stay with you after discharge.

Your surgery may be canceled if you do not have arrangements made.

Night Before Surgery

- Do not** have **any food** after midnight the day of your surgery
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Day of Surgery

- You can drink **clear fluids** until **1 hour before your hospital arrival time. What are clear fluids?** *water, apple juice, ginger ale, Gatorade, black tea or black coffee (no milk or creamer).*
- Take** only the medications you have **been instructed to take.** Consider keeping a medication diary
- Take a shower or bath the morning of your surgery. Do not shave the operative site.
- Remove contact lenses
- Remove **all** jewelry (including rings, earrings, body or tongue piercings)
- Remove makeup, fingernail or toenail polish
- Wear clean, comfortable (i.e. loose fitting) clothes to the hospital & a mask.
- Bring your CPAP (if you have sleep apnea)
- Bring your valid Health Card (and your insurance card - if you have one)
- Bring a proper storage container for your hearing aids, dentures, or glasses.

Glasses and dentures will be removed just before surgery

- Bring **all** of your medications with you in their **original containers**, including any puffers, insulin, eye drops and/or patches
- Bring a book, magazine or something to entertain you while you wait
- Bring this booklet

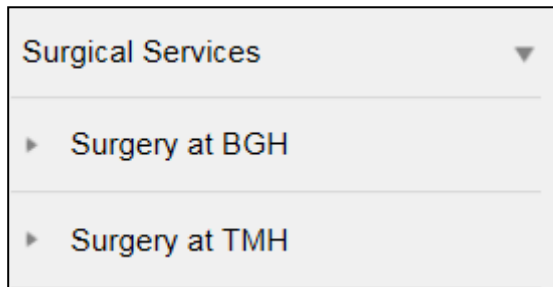
DO NOT BRING VALUABLES OR JEWELRY TO THE HOSPITAL. THE HOSPITAL IS NOT RESPONSIBLE FOR LOST ITEMS.

Questions?

1. Read through this whole booklet and write down any questions you have
2. Ask your questions during your Pre-Surgical Telephone call
3. Visit our website at www.qhc.on.ca. We have lots of information online including surgery-specific booklets and videos of what to expect.

Click on: Services & Clinics This is in the header at the top of the website

On the left-hand menu select:



Watch the 2 videos starring our very own nurses and doctors:

1. About Surgery at Quinte Health and,
2. Common Questions About Surgery

Click on your procedure to open surgery specific information

Feedback

The Quinte Health Surgical Program is committed to providing exceptional care and we welcome opportunities to hear about your experiences while under our care. Understanding your experiences will allow us to learn what we are doing well and where we can improve.

If you have questions, feedback, a compliment or a complaint about the care you or your family member received. Please contact our Patient Experience Specialist by telephone, letter, or using the link on our website.

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