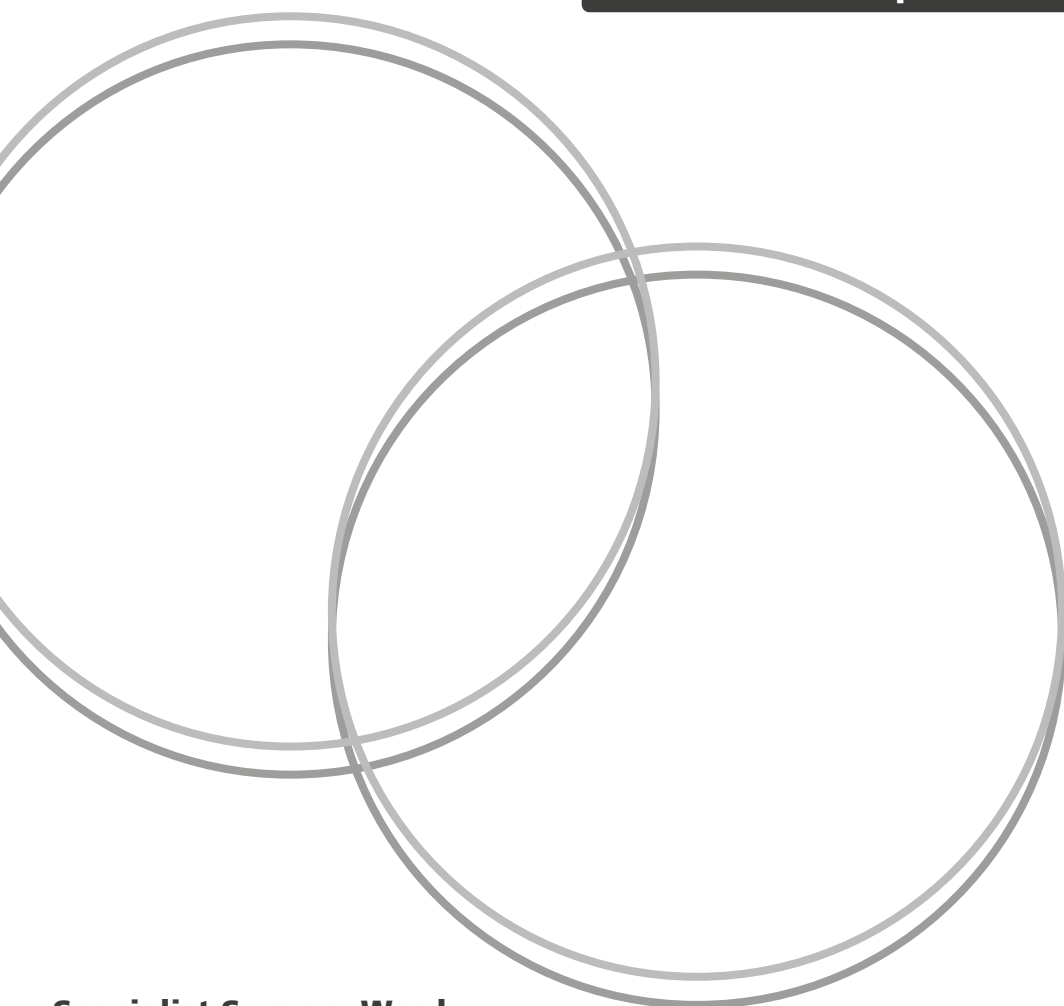




Oxford University Hospitals
NHS Foundation Trust

Preparing for Your Operation

Information for patients



**Specialist Surgery Ward,
Day Case Unit, West Wing,
John Radcliffe Hospital**

IMPORTANT

Before you come to the hospital please read this leaflet carefully and follow the instructions.

If you have any questions please contact the pre-operative assessment nurses.

Please see **page 10** for contact numbers.

Day before surgery

You may eat and drink normally and then please keep to the following instructions.

Day of surgery

If you are having a **local anaesthetic** (when you stay awake and the part of your body to be operated upon is made numb):

- You can eat and drink as normal, but please make sure you have a light breakfast or light lunch, depending upon your admission time.
- Please make sure you take your normal medications on the morning of your surgery. Unless you are taking blood thinning medication. Please follow the instructions given by the nurse in your pre-operative assessment appointment.
- Diabetic patients should eat and drink as normal and should take your diabetic medicine or insulin as normal.

If you are having a **general anaesthetic, including local anaesthetic with intravenous sedation:**

Please make sure that you follow these fasting (starving) instructions, which should also be included with your appointment letter. Fasting is very important before an operation. If you have anything in your stomach whilst you are under anaesthetic or sedation, it might come back up while you are unconscious and get into your lungs.

Fasting instructions

General Anaesthetic

Morning list (Admission time 7:30am)

- Nothing to eat from midnight.
- You can drink clear fluids (i.e. black tea/black coffee, water) up until 6:30am.
- **Please note:** You should not drink anything containing milk or sugar.

Afternoon list (Admission time 11:30am)

- Nothing to eat after 7:30am.
- You can drink clear fluids (i.e. black tea/black coffee, water) up until 11:30am.

Please note: You should not drink anything containing milk or sugar.

Please do not chew gum or eat sweets on the day of your surgery, as this increases the amount of stomach acid and can result in your surgery being cancelled.

Medication

If you take diabetic or blood thinning medication you will be given instructions during your preoperative assessment appointment.

Operation day

Please report to the **Day Surgery Unit**, Level 0, West Wing, John Radcliffe Hospital, unless instructed otherwise. Your admission time will be confirmed by a letter from our Booking Office. The receptionist will register your details, including your next of kin. They will then direct you to a trolley/bed, chair or waiting room.

On the unit

The nurse who is looking after you will meet you, check your paperwork and then take your blood pressure and pulse. If you think you may need a fit note (to sign you off work), this is a good time to let the nurse know.

The surgeon will visit you to talk through the operation with you and ask you to sign a consent form.

If you are having a general anaesthetic or intravenous (IV) sedation, you will also be visited by the anaesthetist, to confirm you are fit to have a general anaesthetic.

Preparation for surgery

Your nurse will prepare you for theatre.

If you are having a **general anaesthetic**:

You will need to remove contact lenses, dentures, make-up, nail varnish and all jewellery. You may be allowed to wear a wedding band, but this will be covered with tape.

We will give you a special gown to wear which fastens at the back, and some special socks to help prevent you developing blood clots in your legs. You may wear your own cotton pants/boxer shorts. Please bring a dressing gown and slippers, as we may walk you along a public corridor to the operating theatre.

Prevention of Deep Vein Thrombosis (DVT)

For people having general anaesthetic and IV sedation only:

In order to greatly reduce the risk of DVT it is important that you exercise your feet to keep the blood moving in your lower legs, until you are up and about. Your nurse will show you the correct exercises.

You will be asked to wear anti-embolism stockings to theatre and will also have pneumatic compression cuffs placed around your lower legs while you are in theatre /recovery. These expand with air then deflate, to help keep your blood circulating. If you are not able to move around as much after surgery, these may remain in place for a few days.

For further information about the prevention of DVT please speak to your pre-assessment nurse.

Going to theatre

You will be taken to the operating theatre, where you will meet the anaesthetic nurse who will look after you during your surgery.

If you are having a general anaesthetic or IV sedation, you will be taken to the recovery room after your surgery. When you have woken up your nurse will collect you and take you back to the ward.

If you are staying overnight, you will be transferred from theatre directly to the Specialist Surgery Inpatient Ward. If you are having day surgery (and not staying overnight) you will be returned to the Day Surgery Unit.

After the surgery

Your nurse will help make you comfortable and monitor your blood pressure and pulse (and temperature if needed). They will explain any drips, drains, packs or bandages you may have, and will give you tablets or injections for pain and sickness if you need them. They will tell you when you can eat and drink.

Visiting times

Only two visitors per patient at any one time. Please discuss with nurse in charge for any exceptions

Specialist Surgery Inpatient Ward: 8:00am to 8:00pm.

Day Surgery Unit has an open visiting policy, but please check with the nursing staff before coming to the hospital.

Discharge

Day Surgery

Once you have been assessed as 'fit' for discharge your nurse will provide you with the following:

- Verbal and written discharge information.
- Any medications which may have been prescribed.
- Information regarding any follow up appointment you may require.

If you are a day case and having a general anaesthetic or sedation you will need to have an adult stay with you for the first night after your operation. If you do not have someone arranged who can be with you during this time, you will not be able to have your surgery. This is because we cannot let you go home if there is no one there to take care of you.

Overnight Stay

On the day of discharge your nurse will:

- Make sure that the doctors see you during the ward round.
- Organise a follow-up appointment if necessary.
- Care for any dressings or packs that you may have.
- Explain how long you need to stay off work and give you your fit note, if you need one.
- Give you written discharge instructions and clearly explain any discharge advice.
- Organise any medication that you need to take home.

Please note that we no longer prescribe simple painkillers such as paracetamol, ibuprofen or co-codamol. **Please make sure you have a supply of suitable painkillers available for when you get home.**

Please be aware – you cannot legally drive for 48 hours after a general anaesthetic or sedation. You will need to arrange for someone to collect you from the hospital.

You should not go home unaccompanied on public transport and preferably should be taken home by car or taxi. This will be more comfortable for you and also quicker for you to return to the hospital if there are any complications on the journey home.

Specialist Surgery telephone numbers

If you have any questions or concerns, you can contact us on the following numbers:

Pre-operative Assessment Nurses

ENT and Plastic Surgery

Telephone: **01865 231 191**

(Monday to Friday, 8.00am to 4.00pm)

Pre-operative Assessment Nurses

Oral Maxillo Facial Surgery

Telephone: **01865 221 406**

(Monday to Friday, 8.00am to 6.00pm)

Pre-operative Assessment Nurses

Eye Surgery

Telephone: **01865 231 105**

(Monday to Friday, 8.00am to 4.00pm)

(Answerphone available, which will be responded to the next working day)

Specialist Surgery Inpatient Ward

Telephone: **01865 231 233** or **01865 234 684**

(24 hours, 7 days a week)

Day Surgery Unit

Telephone: **01865 231 312** or **01865 221 917**

(Monday to Saturday, 8.00am to 8.00pm)

Notes

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



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