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Almonte General Hospital

## **Patient Information Booklet**

- Day Surgery Patient
- Admitted Inpatient

**Please bring this book to your admission to the hospital and to all of your appointments**

**For information call:**

**Before your surgery:** Contact your surgeon's office or Almonte General Hospital 613-256-2500 EXT.2212 between 8:00 a.m. to 4:00 p.m. Monday to Friday

**After your surgery:** Contact your surgeon's office

## **Welcome to Almonte General Hospital**

We are proud of the care we provide for our patients and residents every day. We are guided by our commitment to patient and resident-centered care. We look forward to helping you throughout your hospital stay. Please be sure to ask any questions you may have at any time.

**IMPORTANT:** If your surgeon or healthcare team gives you different recommendations than what has been provided in this booklet, please follow the directions from the surgeon or healthcare team.

**DO NOT** bring any valuables to the hospital.

**My date of surgery is:**

**Our scheduling department will contact you the week prior to your surgery date to confirm your admission time/date.**

**My arriving time on the surgery day is:**

## What should I bring to the hospital?

- Health card
- All current medications in their original bottles, boxes, dosettes or blister packs. Please bring a current list of all medications in a printout from your pharmacy. If not needed after surgery, your family can take your medications home once you have been admitted.
- A list of allergies, including the type of reaction.
- Comfortable walking shoes.

## Preparing for your surgery

- **You must follow these rules, or your surgery may be cancelled:**
  - **Do not eat any solid food, or drink fluid after midnight the night before your surgery**
  - You will be given instructions on which medications you may or may not take up to and including the day of your surgery. If you use any inhalers bring them with you.
  - You **must** stop taking all supplements **except** vitamin D, calcium, or iron/iron supplements one week before surgery.
  - If you are taking Aspirin or other blood thinners, please inform your surgeon or nurse. You will be given specific instructions.
  - Other pre-operative instructions:

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- **Skin preparation:** Stop shaving in the operative area one week (7 days) before your surgery date. Shaving can cause tiny nicks in the skin that may allow germs to enter your body and cause an infection. **Do not use bath scents, powders or body lotions.**
- If you are a smoker, stop smoking at least 24 hours before your surgery. We can provide you with smoking cessation support to prevent nicotine withdrawal during your hospitalization.
- Do not drink alcohol at least 24 hours before surgery.
- On the day of surgery, **do not** wear make-up, any jewelry, body piercings, nail polish, deodorant or contact lenses. If you are unable to remove rings from operative site, you must have them removed by a jeweler. Remove body piercing and replace with plastic plugs.
- AGH is scent-free. **Please do not wear any scented products to the hospital.**
- You will not be able to drive when you are discharged from the hospital.

## **YOUR DRIVE HOME MUST BE AVAILABLE FOR THE ENTIRE DAY OF YOUR SURGERY**

Please indicate the name and phone number of the person taking you home below: **(Day Surgery Patients Only)**

Name:

Home phone number:

Work phone number:

Cell phone number:

- **Notify your surgeon by calling their office before your surgery if you develop a cold, have any open wounds, have an active virus (e.g., shingles), or have any other illness.** This is important for your well-being and the safety of others because there is a risk for everyone if you go to surgery with an infection.

- **Protecting your skin from pressure injuries:** During and after your surgery, you are at risk for developing a pressure injury (bed sore, pressure ulcer). A pressure injury is skin breakdown that develops, usually over the tailbone and the heels, from sitting and lying in the same position for long periods of time or from sliding down in bed. Some key things that can be done to protect your skin are: avoid sitting in bed with the head of the bed higher than 30 degrees for long periods of time, reposition yourself or ask for help, about every 2 hours, when you turn on your side, put a pillow between your legs and when you lie on your back, use pillows under your lower legs, so your heels “float” off the bed.

## **During Your Hospital Stay**

### **Arrival at Hospital**

- Report to Patient Registration Desk at Emergency Room. Please bring your health card, insurance cards and this booklet. Please do not bring valuables to the hospital.
- From Patient Registration, a nurse will accompany you to the Day Surgery Unit.
- A nurse will show you where to change into a hospital gown. You will then lie down on a stretcher. Your clothes will be placed in a bag. If you are being admitted, your bag of clothes will be transferred with you to your room.
- Your nurse will start an IV and will give you any needed medications.
- The surgeon, anesthetist and operating room (OR) nurse will see you and answer any questions that you may have.

### **During surgery**

- You may be offered a spinal anesthetic depending on your surgery (freezing medicine that is put into your back) or a general anesthetic.
- You may be offered a nerve block which is a long-lasting sedation for pain management.
- You will be given an anesthetic medication through your intravenous.
- Your anesthesiologist will discuss these with you prior to your surgery.

## **After surgery: Post Anesthetic Care Unit (PACU)**

**FOR ADMITTED INPATIENTS:** You will be admitted to Hospital the day of your surgery and will remain at least one night. Your surgeon will determine the length of stay in Hospital.

- You are moved from the Operating Room to the Post Anesthetic Care Unit (Recovery Room).
- Your nurse will monitor your vital signs, including your pulse and blood pressure and will look at your incision frequently.
- You will have an intravenous (IV).
- You may have an oxygen mask on temporarily.
- If you feel any pain, nausea or itchiness tell your nurse. You will be given medication to help you feel better.
- You may be drowsy after the surgery, as you become more alert we will encourage you to do ankle exercises and deep breathing exercises. These exercises will help to prevent post-operative complications.
- You will be transferred to your room when the nurse determines it is safe to move you and when your room is ready. Your personal belongings will accompany you to your room.
- If you have sleep apnea, you may be required to be monitored in the PACU for a longer period of time. **If you have your own CPAP machine, you need to bring it with you to the hospital.**
- You will then be transferred in your stretcher/bed to your room on the inpatient unit. Your family will be able to visit you after you are admitted to your room

## **After surgery: Post Anesthetic Care Unit (PACU)**

**FOR DAY SURGERY PATIENTS:** You will be discharged from the Post Anesthetic Care Unit (Recovery Room).

- You are moved from the Operating Room to the Post Anesthetic Care Unit (Recovery Room).
- Your nurse will monitor your vital signs, including your pulse and blood pressure and will look at your incision frequently.
- You will have an intravenous (IV).

- You may have an oxygen mask on temporarily.
- If you feel any pain or nausea, tell your nurse. You will be given medication to help you feel better.
- If your care partner will be notified when you are ready for discharge.
- The nurse will ensure you have all your post-operative instructions before you leave the hospital.

### Leg exercises

You may be drowsy after the surgery, as you become more alert we will encourage you to exercise. The following leg exercises will help to prevent complications.

Point your toes towards your head, then towards the foot of the bed. Make your feet go around in circles 5 times.

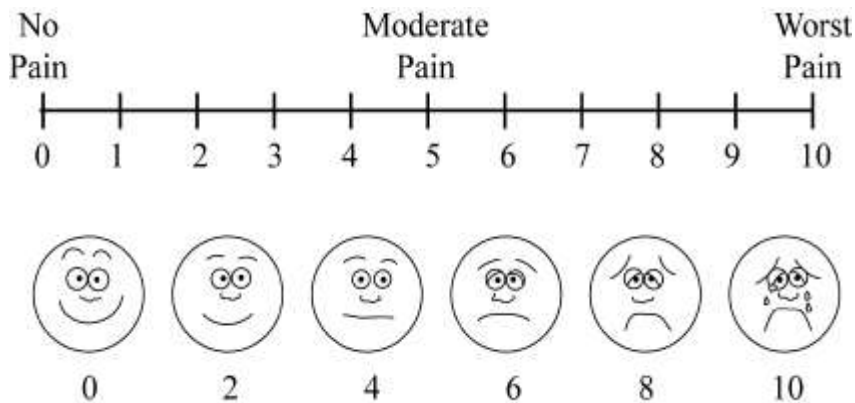
### Deep breathing and coughing exercises

Take a deep breath in through your nose and blow out through your mouth. Repeat this 3 times. On the third breath, cough 2 to 3 times.

**This is done every 2 hours for the first day and then every 4 hours for the next 1-2 days.**

### Pain Control

Your nurse will ask you to rate your pain on either the number or FACES scale (see below). Pain is rated from 0 (no pain) to 10 (worst pain).



- Many patients are given prescriptions by their physician for pain control. These can be filled at the pharmacy.
- Take the prescribed pills as needed and according to the instructions on the bottle. Pain should subside in a few days.
- If no prescription is provided, use a pain medication with which you are familiar, for example: acetaminophen or ibuprofen (unless otherwise directed by your physician).

### **General post-operative instructions (Day Surgery patients)**

We want your recovery to be safe and as comfortable as possible. For this reason, we suggest that you comply with the following advice:

- You must be accompanied home by a responsible adult who should remain with you of the day, both for assistance and company.
- Your surgeon will instruct you as to when you can drive a car or operative machinery but in the absence of such instructions, not for at least 24 hours after the procedure.
- You should limit activity requiring full concentration for 24 hours; e.g. making important personal or business decisions, as full mental alertness may not return for several hours.
- You should not drink any alcoholic beverages for at least 24 hours following your procedure as alcohol may influence the effects of the drugs you have been given.
- Avoid smoking for at least 24 hours following your surgery as this may cause you to feel light-headed and nauseous.
- You should eat lightly for the first meal following your procedure.
- You should take it “easy” for a day or two.
- If you have any problems or are concerned about your condition for any reason, please contact your surgeon through his/her office or follow the directions on your surgeon’s message machine regarding reaching another surgeon. If you are unable to contact your surgeon or the surgeon covering his/her practice, come to the Emergency Department of the hospital where you will be seen by an emergency physician.



- Day surgery patient should contact their physician if they are not able to urinate within the 12 hours following their discharge from hospital.

## **Post-operative Wound Care**

- Some swelling and discomfort is normal.
- Keep your dressing dry until your physician instructs otherwise.
- Notify your physician immediately if you notice any of the following: excessive bleeding, pain, swelling or discoloration. If you are unable to reach your physician, go to the nearest Emergency Department for assessment and treatment.
- If you have a cast or a splint, elevate the limb for 24 hours. Call your physician if you experience constant burning underneath your cast or splint.
- If you are a Day Surgery patient, you will probably need some sterile dressings and tape at home after your surgery.
- We advise you to purchase these supplies before your surgery.
- We suggest that you get a small package of sterile 4" X 4" gauze pads and a roll of tape at the drugstore before your surgery.
- If you are having a gynecological procedure, you should buy some sanitary pads for when you return home.
- Other:

If you have any questions about the dressing, please check with your nurse in the Post Anesthetic Care Unit (PACU).

**Deep Vein Thrombosis (DVT)** is a blood clot in a deep vein and is a major health concern that should be discussed with your physician.

You may be at risk for developing a DVT for any of the following reasons:

- Recent surgery
- Immobility
- Previous DVT
- Problems with circulation
- Obesity
- Increasing age
- Acute medical illness

DVT's most commonly occur in the legs, usually the calf. Signs and symptoms to watch for include:

- Calf pain or swelling, redness or discoloration
- A knot in the calf that you can feel and that is warm to touch
- Fever, shortness of breath, rapid heart rate or chest pain

**If you experience any of these symptoms go to the Emergency Department or call 911 for immediate assistance.**

## **Medication**

**Please ask your physician about resuming your regular medication after your surgery.**

You were given \_\_\_\_\_ at \_\_\_\_\_ for pain.

Your next pain medication is due at \_\_\_\_\_.

## Return appointment reminder

DATE:

TIME:

LOCATION:

Doctor's office

Other:

## Day Surgery Patients

Please remind your partner/friend/family members they are to be available for the entire day of your surgery and to ensure they keep their phone on and ready to receive the call from the Post Anesthetic Care Unit (PACU) informing them of the time to pick you up. The partner/friend/family members are encouraged to remain close to the hospital.

Please park your car beside the Entrance C on the pick-up time.

Call 613-256-2500 EXT.2212; let us know you have arrived at the entrance C.

