



Please **read** this booklet and complete all forms. Bring this booklet and completed forms with you to your Pre-Surgical Clinic appointment **and** on the day of your surgery.

Preparing for Your Surgery

Patient Name: _____

Surgeon: _____

- Day Surgery
- Extended Hours - Overnight Stay
- Surgery requires inpatient hospital stay

Date and time of surgery: _____

Report to 2nd floor Registration Desk at: _____

(A volunteer may be in the lobby to direct you to the registration desk)

Pre-Surgical Clinic: Yes No

Report to clinic on 1st floor at (date and time): _____

Anesthetist Consult: Yes No

Blood Work: Yes No

EKG: Yes No

Additional Instructions from surgeon: _____

St Mary's General Hospital is a Scent Free Environment.

We are committed to promoting a safe, healthy, and risk free environment for all. The use of scented products can trigger or cause health issues for some people. These include breathing problems, migraine headaches, skin reactions, and nausea. Sensitivities affect each person differently. Symptoms can range from mild to severe, and even life-threatening.

We ask that all patients and visitors refrain from using any scented products before coming to hospital. This includes:

- Colognes
- Aftershaves
- Perfumes
- Deodorants
- Body sprays
- Moisturizers
- Hair products
- Cosmetics
- Shampoos



We thank you for your part in making St Mary's a safer environment for everyone.

Table of Contents

Special Instructions	2
Map	2
Privacy	3
For Patients who DO NOT need to visit the Pre-Surgical Clinic	4
For Patients visiting the Pre-Surgical Clinic	4
What to expect	5
What to bring with you	5
Preparing for your Surgery	
Smoking and Alcohol	6
Eating and Drinking before Surgery	6
Jewelry, Makeup, Piercings & Valuables	7
Medications	7
After Your Surgery	
Pain Control	9
Exercises to do after surgery	10
For Patients going home from Day Surgery	12
For Patients Admitted to Hospital	13
Recovering at Home	13

Special Instructions

Please let a member of your health care team know if you:

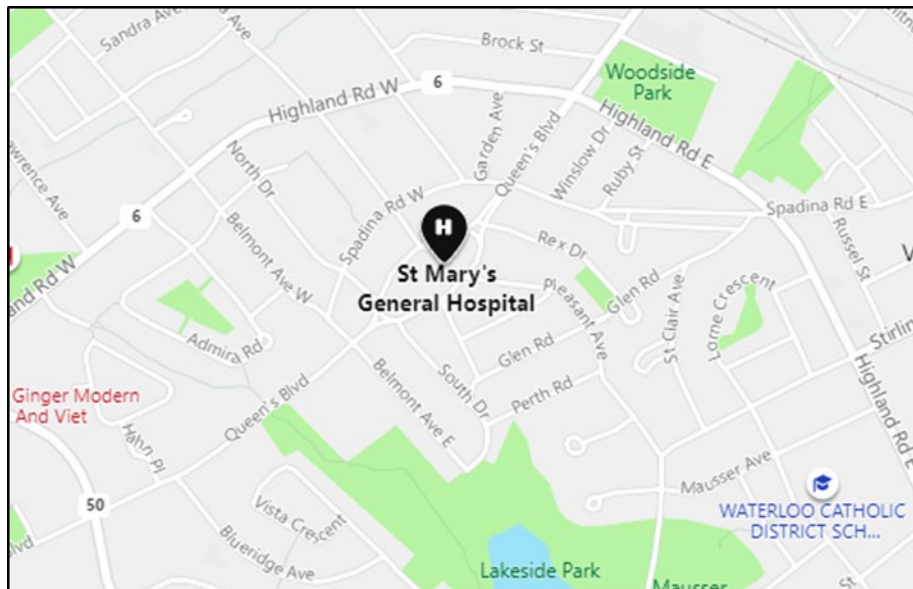
- Have a living will or an advance directive **OR**
- Have prepared a legal document naming someone to speak on your behalf should you be unable to do so

For patients who do not speak or understand English:

- Please bring someone with you to hospital that can interpret for you. This person should stay with you until you are finished being admitted.
- We can help you find someone to interpret for you if you let us know before the day of your surgery.

Map to St. Mary's General Hospital:

911 Queen's Blvd. Kitchener,
ON N2M 1B2
(519) 744-3311
www.smgh.ca



The most important member of your Health care team is **YOU**.

Patients and families who play an active role in their care tend to have the best health outcomes. The best way you can play an active role is to **ask questions**. Make sure that you understand as much as you can about the surgery you will have. Staff are more than willing to give you the information you need.

This booklet will help you plan for your upcoming surgery.

Privacy

During your preoperative registration you will receive information regarding privacy legislation that outlines how we collect, use, disclose, retain and protect your personal health information. More detailed booklets are available in each area of the hospital if you would like more information.

If you are staying overnight, you will be given a privacy pamphlet with a four-digit number. You need to give this number to any family member that you wish staff to speak with about your condition. We recommend that you choose one family member to be the contact person for you. Our staff will not release information over the phone, unless the caller can provide the number.

For Patients who do NOT need to visit the Pre-Surgical Clinic:

If your surgeon wants you to have blood work or tests, you will need to have these done at a **LifeLabs®** lab. Please call **1-877-849-3637** to book your test. Or book online at: www.lifelabs.com .

Tests and blood work should be done between **7 and 28 days before the date of your surgery**. Please tell the lab the name of the hospital and the date of your surgery

If you live outside of the Kitchener-Waterloo area, please have the lab fax blood results to 519-749-6888.

A nurse may call you at home. The nurse will review your health history and give you more information about your surgery. Be sure to ask any questions that you have at that time.

For Patients visiting the Pre-Surgical Clinic:

Your surgeon's office will tell you if you need to visit the Pre- Surgical Clinic (It will be checked "Yes" on the front of this booklet.) along with a date/time.

On the day of your visit, report to the Pre-Surgical Clinic on the first floor. A volunteer in the main lobby can help direct you to the Clinic.

- You should eat, drink, and take your medicines as usual on the day of your Clinic visit.
- Expect to spend between 1 to 3 hours at the clinic.
- Wear loose-fitting, comfortable clothes. Wear socks instead of pantyhose.
- Do not wear body lotion, perfume or cologne.

What can you expect during your visit to the Pre- Surgical Clinic?

- You may need to have blood tests and an EKG done.
- You will visit with a nurse who will tell you what to expect while in the hospital.
- You may visit with an anesthetist and other specialists.
- You may have nasal and rectal swabs taken.

What to bring with you to the Pre-Surgical Clinic:

- **Completed Admission Record (fill out at home)**
- **Completed Pre-Anesthetic Patient Questionnaire (fill out at home)**
- Health Card
- Meds Check List (from your Pharmacist) if you have had one within the last 3 months.
- **All medicines** in their original containers. This includes all of the prescription, over-the-counter, and herbal products that you take regularly.

Preparing for your Surgery

Smoking and Alcohol

- Do not smoke, drink alcohol or use cannabis for at **least** 24 hours before your surgery.

Eating Before Surgery

Please read carefully. It's important that you understand these directions.

Eating or drinking other than as directed may result in surgery being cancelled.

- **For ALL surgeries**
 - You may have a healthy snack at bedtime. **No solid food after midnight the evening before surgery – including gum and hard candy.**

Drinking Before Surgery

Research shows that drinking certain fluids before surgery can help reduce or prevent nausea after surgery.

- **If your surgery is in the MORNING (Before Noon):**
 - You may drink water, cranberry or apple juice overnight.
 - **At 5:00 a.m.** you should drink 500 mL (2 cups) of cranberry or apple juice. **Do not drink anything more after 5:00 a.m.**
- **If your surgery is at 12:00 Noon or later:**
 - You may drink water, cranberry or apple juice overnight.
 - **At 5:00 a.m.** you should drink 500 mL (2 cups) of cranberry or apple juice.
 - **At 8:00 a.m.** you should drink another 500 mL (2 cups) of cranberry or apple juice. **Do not drink anything more after 8:00 a.m.**

Jewelry, Makeup, Piercings & Valuables

- Please remove **all** jewelry and piercings before your surgery. This includes all body ornaments, religious or cultural items, barbells, captive bead rings, tongue rings, plastic piercings, and piercings below the skin (intradermal). Plastic spacers are not allowed.
- If you are unable to remove your piercings or jewelry, you must go to a jeweler and have them removed before your surgery. Your surgery will be cancelled if you do not remove them.
- Please remove all hair extensions that are fastened by clips.
- Please remove all nail polish and make-up prior to surgery. Gel nails with clear polish are okay.
- Please leave jewelry, money, valuables, and credit cards at home. We will place your name on all your belongings including denture cups and hearing aid containers.
- Please wear your glasses, not contact lenses.
- Please wear your hearing aid(s) on the day of surgery.

Medication

- **The health care team will review all of your home medicines before your surgery.**
- Bring your Meds Check list with you on the morning of your surgery (if you have had one within the last 3 months).
- Bring all of your medicines in their original containers on the morning of your surgery. This includes all of the prescription, over-the-counter, vitamin and herbal products that you take each day.

If you are diabetic:

- DO NOT take your diabetic medicines on the morning of your surgery, unless your surgeon tells you to. Bring your insulin or diabetic pills with you to the hospital.

Stop Taking:

- Herbal products (e.g. Glucosamine, Vitamin E, garlic, Omega 3 fish oil) 1 week before surgery.
- Anti-inflammatory medicines (Aleve®, ibuprofen, Advil®, or Motrin®) for 3 days before surgery.
 - Tylenol® (acetaminophen) products and Celebrex® (celecoxib) are okay to take up until surgery
- If you are taking Aspirin® (acetylsalicylic acid), Plavix® (clopidogrel), Birilinta® (ticagrelor), Coumadin® (warfarin), Pradaxa® (dabigatran), Eliquis® (apixaban), Lixiana® (edoxaban), Xarelto® (rivaroxaban), or other blood thinners please ask your surgeon if you need to stop these before surgery.

You should take the following medications with a sip of water the morning of surgery:

Medications you need to **stop before** your surgery:

Note: if you have any questions, please contact your surgeon's office or call the Pre-Surgical Clinic at: **(519) 749-6907**.

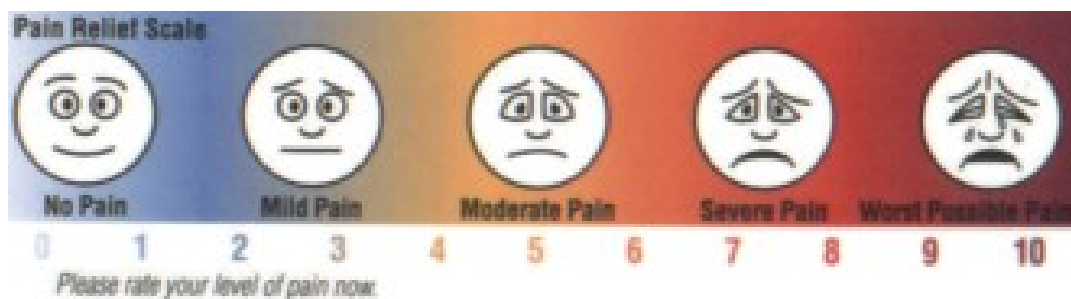
After Your Surgery

Pain Control

Using pain medicine around the clock will help you to recover faster. As you get better, you can begin to go longer between doses of medicine if your pain is controlled. Let your surgeon or nurse know if you feel your pain is not controlled well.

Pain medicine can be given many different ways. Your surgeon or anesthesiologist will choose the medicine and approach that is best for you.

You will be asked to rate your pain on a scale between 0-10.



Exercises to do after your Surgery

Deep Breathing and Coughing

Deep breathing helps to re-expand your lungs after surgery. This can help to prevent breathing problems like pneumonia.

Try to do these exercises 4 or 5 times every hour, while you are awake. You can do these less often as you become more active.

- Place your hands on your abdomen. Allow your abdomen to expand under your hands as you breathe in deeply through your nose.
- If you have an incision in your abdomen, support it with your hands or use a pillow.
- Hold the breath for 1 or 2 seconds.
- Breathe out completely through your mouth as if gently blowing out a candle.
- Coughing helps remove excess mucous from the lungs. If you have excess mucous, you should give one strong cough as you breathe out after each deep breath.



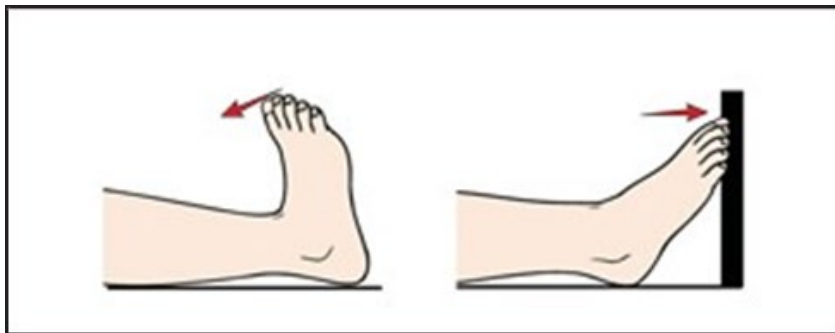
Leg Exercises

It's important to keep the blood flowing in your legs after surgery. Leg exercises can help prevent blood clots from forming.

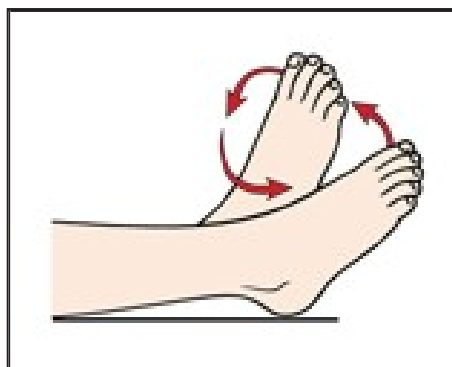
Do leg exercises 4 or 5 times every 30 minutes, while you are in bed.

Here are some you can try:

- Extend your legs until they are lying flat out on the bed.
- Wiggle your toes.
- Bend your foot upwards and back at the ankle. Then point your toes, bending your foot at the ankle down towards the end of the bed. Repeat this several times with both feet.



- Circle your foot at the ankles to the right and to the left. Repeat this several times with both feet.



For Patients going home from Day Surgery

- You will need to **arrange for a responsible adult** (i.e. a friend or family member) **to drive you home after your surgery AND to stay with you overnight.**
- Plan for your driver to pick you up 2-4 hours after your surgery time.
- You will not be able to leave until your driver reports to the nursing station. Your surgery will be cancelled if these arrangements have not been made.

If you are sent home later in the evening:

- There are local drugstores that are open until midnight. Your nurse can help you find one of these locations, so you can fill your prescription.

If your health care team decides that you need to stay longer to recover, you may be kept in hospital overnight. You may be sent home as early as **6:00 a.m.** the next day.

Before going home, your nurse will:

- Assess your condition and make sure you are safe to go home.
- Review how to care for yourself at home.
- You may experience some pain and/or nausea after you go home. This can be treated with medicine. Ask your surgeon or nurse if you have questions about this.

For Patients Admitted to Hospital

You will be cared for in hospital until you are well enough to go home. Your health care team will review your progress each day and let you know which day you will be going home.

The nurse will review each day how to care for yourself at home.

You may experience some pain or nausea after you go home. You may be given a prescription for pain medicine that will help you control your discomfort. Ask your surgeon or nurse if you have any questions about this.

Someone must be available to pick you up by 9:00 a.m. on the day you are going home.

Recovering at Home

Your recovery period will continue at home. Please consider the following:

- Arrange for family and child care needs before you go home.
- You may have lifting restrictions. This may change what you are able to do to care for yourself.
- You will need extra rest at home.
- It is not unusual to be sent home with stitches, staples or drains (tubes) in place. Arrangements will be made to have them removed after you go home.

Day of Surgery: Checklist for All Patients

Are you ready?

- Completed Admission Record (Fill out at home.)**
- Completed Pre-Anesthetic Questionnaire (Fill out at home)**
- Health Card
- WSIB number (if applicable).
- Supplementary Insurance Group and Policy Numbers
- Receipt for cosmetic surgery (if applicable).
- All your medicines in their original containers. This includes any over the counter drugs and herbal products that you take on a regular basis.
- Recent Meds Check list from your Pharmacist (if applicable)
- Your CPAP or BiPAP machine (if applicable)
- Please wear your hearing aid(s), glasses, and denture(s).
- Bring your case(s) and denture cup with you to hospital.
- Day Surgery Patient?**
 - The name and number of the person who will drive you home:

 - The name and number of your contact person:

- Wear loose fitting, two piece clothing, sock and flat shoes.
- Make sure all jewelry, including body piercings, is removed.
- Make sure you are scent-free – no body lotion, cologne, or perfume.
- All valuables are left at home.
- Notify your surgeon before surgery if you develop a cold or an infection.
- Shower or bathe the evening before OR the morning of your surgery.