Having Day Surgery at Toronto Western Hospital

My surgeon: ____________________________________________
Date of surgery: _______________________________________
Time to arrive at the hospital: ____________________________
Time of my surgery: ____________________________________

On the day of your surgery please go to:

☐ Pre Operative Care Unit (POCU)
  399 Bathurst Street
  Fell Pavilion – 2nd Floor
  (Room 116)
  Take the Fell Elevators
  Phone: 416 603 5800 ext. 2111
  Open at 6:00 am

☐ Day Surgery Unit (DSU)
  399 Bathurst Street
  Main Pavilion – 4th Floor
  (Room 320)
  Take the Atrium Elevators
  Phone: 416 603 5452
  Open at 6:30 am

For more information, call our recorded helpline at 416 603 5211.

For pick up after surgery:
You will be in the Day Surgery Unit – Main Pavilion, Room 320. You must have someone take you home after surgery to be discharged from the hospital.
Phone: 416 603 5452.
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What is day surgery?

Day surgery means that you will have surgery and return home the same
day. You will not need to stay overnight in the hospital.

We do our best to keep the date and time of your scheduled surgery. Sometimes things happen that are beyond our control.
For example, your surgery might be late or cancelled because another patient needs emergency surgery. If we need to cancel
your surgery, your surgeon’s secretary will contact you as soon as possible to reschedule.
Pre-Admission Clinic
Main Pavilion – 1st Floor (Room 406)

My Pre-Admission Clinic visit:
Date: ____________________________ Time: ____________

Check-in: Pre-Admission Clinic, Toronto Western Hospital
Main Pavilion – 1st Floor (Room 406), next to the Main Elevators
Phone: 416 603 5379

What is a pre-admission visit?
The pre-admission visit helps prepare you for surgery. Different health care professionals (for example a nurse, endocrinologist or anesthesiologist) may check your health and review your medical history.

Your surgeon will let you know if you need to have a pre-admission appointment. This appointment may take 2 to 4 hours.

Before the pre-admission visit:
  • You must let your surgeon’s office know as soon as possible if you have diabetes, or take insulin or blood thinners (such as Coumadin or Aspirin). This is very important as it can change the care we provide to you.

  • Your family doctor or primary healthcare provider must complete the Pre-Admission Program Pre-Operative History and Physical Examination Form. You must bring the form with you to your pre-admission visit. If you do not have a family doctor, go to a Walk-in Clinic to have the form completed by a doctor.

  • You must also complete the Pre-Admission Program Pre-Operative Patient Questionnaire and bring this form with you to your pre-admission visit.

  • Drink and eat as you would normally.
During the pre-admission visit, you may have:

- blood tests
- an x-ray or an ECG
- other tests (such as an ultrasound)

On the day of your pre-admission visit (see date and time on page 3), you must bring:

- Your health card (OHIP). If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver’s license, passport or other provincial health card).

- Your completed:
  - Pre-Admission Pre-Operative History
  - Physical Examination Form completed by your family doctor
  - Pre-Operative Patient Questionnaire

- All the medicines you take in their original bottles or a list of the medicines you take. Make sure the list includes the name of the medicine, how much you take and how often you take it.
Preparing for Surgery

How do I prepare for my surgery?

Unless your doctor has asked you to do something differently, please follow the instructions below.

**Important:** Take a bath or shower the night before your surgery and the morning of your surgery. If your doctor has asked you to use a cleaning solution when bathing, make sure to follow the instructions.

The day before surgery:

- Do not drink alcohol 24 hours before your surgery.
- Eat and drink as you would normally.
- **After midnight do NOT eat solid food** or have any dairy (no milk or cream). This includes no chewing gum or candy.
- Remove all nail polish, shellac, gel or acrylic nails from ALL of your fingers and toes.
- Remove all your jewellery and body piercings and leave them at home. If you cannot remove your jewellery, have a jeweller remove or cut it off before coming for surgery.

**Important!** If your jewellery is not removed, your surgery may be cancelled.

5 hours before surgery:

- You can drink clear liquids like water, apple juice, clear tea or coffee 5 hours before surgery (no milk or cream). After that DO NOT drink or eat.
  
  For example, if your surgery is booked for 12:00 noon, you can drink clear fluids up until 7:00 am. **Do not drink anything after this time.**
On Surgery Day

Important things to do on surgery day

• Shower or bathe before coming in for surgery.
• You can rinse your mouth and brush your teeth.
• Do not shave the hair around the area we will be operating on for a week before surgery.
• Do not wear make-up.
• Do not wear contact lenses. You can wear your glasses to the hospital.
• Remove your Medic Alert chain or bracelet. Copy the information that is on the chain onto a piece of paper. Give it to the nurse on the day of your surgery.
• Stop smoking for 5 hours before surgery.

Important things to bring on the day of surgery

□ Your health card (OHIP). If you do not have an OHIP card, please bring another form of government-issued photo ID (such as a driver’s license, passport or other provincial health card)

□ If you did not have a pre-admission visit, bring all completed forms and Pre-Operative History and Physical Examination Form completed by your family doctor. If you do not have a family doctor, go to a Walk-in Clinic to have the form completed by a doctor.

□ All the medicines you take in their original bottles (or a full list from your pharmacy)

□ Clean, loose-fitting clothes and flat shoes

□ Ortho Boot or brace, crutches, if your surgeon has asked you to use them after surgery

□ Cryo cuff or Cold Compress Cuff, if you bought one

□ Hearing aids, dentures and glasses, if you need them

□ Only a small amount of money
□ Insurance or drug card to buy any prescription medicine
□ WSIB number

□ If you are having hand, elbow or shoulder surgery, wear a short-sleeved, loose-fitting t-shirt or loose shirt that opens up at the front such as a blouse or short-sleeved shirt. **Do not wear tight-fitting sweaters or clothes.**

□ If you are having knee or foot surgery, wear loose-fitting pants, track pants with wide bottoms, or loose-fitting tear-away pants. **Do not wear tight fitting pants or blue jeans.**

![Important!]

Leave your valuables at home such as jewellery, watches and credit cards. The hospital is not responsible for lost or stolen items.

**The morning of surgery**

□ Do NOT take your insulin or other medicines the morning of your surgery.

□ The doctor or nurse has asked you to take the medicines listed below. Take them with a small sip of water.

**Medications I can take:**

- 
- 
- 
- 

**On the day of your surgery, arrive at the time and place written on the cover of this pamphlet.**

**What if feel sick before surgery?**

If you have a cold, flu or other illness before your surgery, please call your surgeon as soon as possible.
Having Your Surgery

What happens when I arrive?

• **You must arrive in POCU or DSU 2 hours before your surgery.** Check the front of this brochure for the correct time and place. Please be on time because if you are late your surgery may be cancelled or given to the next patient.

• A receptionist asks for your health card (OHIP) to make sure we have the right information.

• We put a hospital identification band (ID) on your wrist and double-check the information with you.

What can I expect in the DSU or POCU?

• We give you a hospital gown, pajama bottoms, a robe, a hair cover and slippers to change into. We also give you a locker for your belongings.

• Your nurse checks your blood pressure, pulse, temperature, breathing, blood sugar and height and weight.

• If you need to have hair removed around your surgical area, it will be removed at this time or in the operating room.

• We may place a warming blanket on you to help keep you warm before and during your surgery. This helps lower the chance of infection.

• We may also give you an antibiotic. This depends on your surgeon and the type of surgery you are having.

• One family member or friend can stay with you while you wait to go to the operating room. Others can wait for you in the surgical waiting room on the 4th floor – Main Pavilion (Room 305).
What can I expect in the Patient Holding Area?

- When the operating room is ready for you, a staff member takes you to the Patient Holding Area. You will be placed in either a recliner or on a stretcher.
- The nurse may place a blanket on you to keep you warm before and during your surgery. This helps lower the chance of infection.
- Your surgeon may prescribe an antibiotic to take before your surgery.
- The operating room nurse, anesthetist, and surgeon will talk to you before you go into the operating room.
- Depending on the type of anesthesia or block you receive (such as a spinal or regional block) you may have to start in the “block room” and then move to the operating room.

What can I expect in the operating room?

We help you onto the operating table and put a cuff on your arm that checks your blood pressure. We also put an oxygen monitor on your finger and attach you to a machine that will check your heart rate. We then give you anesthesia before the surgery begins.
After Your Surgery

What can I expect in the Post-Anesthetic Care Unit (PACU)?
When your surgery is over, we take you to PACU. You may be here for 30 minutes to 3 hours. The time you need to stay in this area depends on the type of surgery and anesthesia you had.

In the PACU:
- Your nurse checks you often as you recover from the anesthesia
- You may have an oxygen mask over your mouth and nose
- You may get medicine for any pain or nausea

When you are ready and safe to leave this area, we take you back to the DSU.

In the Day Surgery Unit (DSU) after your surgery:
You will complete your recovery in the DSU.

The nurses will:
- Check the area of your body where you had the surgery to make sure you are healing properly.
- Give you pain medicine when you need it.
- Give you a small snack (no full meals because you may have nausea after taking the anesthetic).
- Teach you about taking care of yourself at home. The nurses will also give you a brochure with more information. To read about your discharge instructions, visit our website at www.uhnpatienteducation.ca.
- Let you know if you need walking aids, such as crutches or ortho boots once you are ready to go home. There is a fee.
- Let you know how much to pay. The bill will be mailed to your home and you can pay by cheque or online.
You may be given a prescription to take to a pharmacy and get filled. There is a Shoppers Drug Mart pharmacy in the hospital where you can fill the prescription. If you have insurance (drug card), please bring it with you.

**Going Home**

**Who should bring me home?**

Please arrange for a responsible adult (such as relative or friend who is over the age of 18) to take you home. **If you do not have someone to take you home, your surgery may be cancelled.**

A responsible adult should stay with you for the first 24 hours after your surgery to make sure you are safe.

**Home safety**

We have pamphlets that provide safety tips for when you are recovering at home. Ask your nurse for copies or find them on our UHN Patient Education website: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca).

**How do I safely store and dispose of my pain medicine?**

Pain medicine that is not stored or disposed of safely could be stolen or taken by mistake.

**Safe storage**

- Store pain medicine in a locked drawer or cabinet.
- Do not share your pain medicine. Pain medicine prescribed to you can be dangerous to others.
Safe disposal
It is dangerous to keep unused or expired pain medicine that you no longer need.

• Take unused or expired pain medicine to a pharmacy for safe disposal.
• Do not flush medicine down the toilet.
• Do not throw medicine in the garbage.

Notes and special instructions for me

For more information visit
www.uhn.ca or www.uhnpatienteducation.ca

Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

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