

Chapel Allerton Hospital Orthopaedic Centre

# Preparing for day surgery

Information for patients



Welcome to Chapel Allerton Hospital, we hope to make your day surgery as comfortable as possible. Please ask any questions if you are unsure of anything during your stay.

This leaflet is intended to give you general advice – it may not all apply to you. Various other relevant leaflets are enclosed. On the back of this pack there is information about the unit.

Before your surgery you will receive a letter informing you about your admission date and time. If you have children or dependants please ensure that suitable arrangements are made for their care. The letter will advise you when to stop eating and drinking.

## On the day of surgery

**Please do not smoke, eat sweets or chew gum once you are fasting.** Please take all your regular medication, unless you are told otherwise. Please refer to the 'Think Drink' leaflet regarding how much water you may drink before your operation.

You should have a bath or shower before you come to the hospital. Please wear comfortable and loose fitting clothes that you will be able to put on again to go home in. Slip on shoes are recommended.

If you are having arm or shoulder surgery please wear tops which open down the front.

## What to bring with you

*Listed below are some of the things you may need to bring with you:*

- All regular medication
- Correspondence about your admission
- A book or magazine to read.

**We strongly recommend that you do not bring valuables into hospital.**

## Getting to and from hospital

**By bus:** There is a regular service directly to the hospital. For information about bus routes and times please ring MetroLine on **0113 245 7676**, 7 days a week or check the website: [www.wymetro.com](http://www.wymetro.com)

**By train:** The nearest mainline station is Leeds City Station. From there access to the hospital is via bus or taxi (2.1 miles)

**By car:** The hospital is accessed by the main entrance which is on Chapeltown Road. A "Pay and Display" car park system is in operation. Please make your own transport arrangements for admission and discharge and any subsequent appointments.

You must have a responsible adult to drive you home or accompany you in a taxi.

## On arrival at Chapel Allerton Hospital

Please report to Ward C3 which is situated on the first floor. Then, follow the sign to 'Admissions Waiting Area'.

A nurse will prepare you for your operation. A doctor will discuss your operation with you and you will be asked to sign a consent form, if you have not already done so. The anaesthetist will see you before your operation to discuss your anaesthetic. If necessary a physiotherapist will also see you.

It might not be possible for a relative to accompany you onto the ward if COVID-19 restrictions are in place. If you have a carer that needs to be directly involved in your care, please discuss this with the pre-assessment team prior to your admission.

## What to expect after your operation

Following surgery you will be cared for in the post-operative unit recovery area. The nurses will monitor your condition.

The recovery time following surgery is different for each person. You will need to spend a minimum of two hours in the Post-Operative Unit before your discharge.

## Care at home

You need to have a responsible adult looking after you for up to 24 hours after surgery, depending upon the procedure you have had.

### ***For the first 24 hours you should not:***

- Drive
- Operate machinery
- Drink alcohol
- Take recreational drugs
- Be solely responsible for children or dependants.

## **Additional information**

### **Outpatient Appointment**

An outpatient appointment will be arranged for you to return to hospital to see your surgeon.

### **GP Letter**

The hospital will electronically send a letter to your GP's surgery giving details of your admission and any new medication we have sent you home with.

## **Remember**

We hope that this information has helped to answer some of your questions and has allayed some of your anxieties.

This is only a general guide. Each operation and each individual has specific requirements and the multi-disciplinary team will discuss these with you.

If there is anything that you do not understand, have forgotten or are worried about, please do not hesitate to ask.

## Useful contact numbers

Pre-assessment	0113 392 4689
Theatre Scheduler	0113 392 4689
Ward C3 post-op	0113 392 4503
Ward C3	0113 392 4203

It is normal to have a degree of swelling and bruising following surgery.

If you have any concerns after discharge home, with anything, particularly your wound, pain or swelling please feel free to contact ward C3 for advice, and assessment if indicated.

**Your x-rays may be used for teaching/research purposes. If you do not want this to happen, please let your surgeon know.**





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

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