

A Patient's Guide to Having Day Surgery

Information for patients



We hope to make your day surgery as comfortable as possible. This leaflet is intended to give you general advice that will:

- Help you prepare for your surgery
- Inform you what is likely to happen on the day

This will ensure that things run smoothly on the day and surgery can go ahead as planned. Please make sure that you have read this information prior to your admission.

What is Day Surgery?

Day surgery, sometimes called day case surgery, means an operation or surgical procedure that does not involve an overnight stay in hospital. The patient is **admitted on the day of surgery**, and usually **goes home on the same day**, a few hours after the procedure, once they have recovered sufficiently.

Your suitability for day surgery will have been discussed with you during your Outpatient Consultation and during the Pre-Operative Assessment Appointment.

What to bring in

Pack a **small** bag with the items you need on the day:

- Slippers
- Dressing gown

- All your medications including inhalers
- If you wear glasses, please make sure you bring them with you on the day. This is so you can see the relevant legal paperwork, which must be signed before you can have your operation/procedure.
- You may also want to bring a book or magazine to read whilst you wait.
- Name and phone number of relative or friend collecting you after your operation

What not to bring

- Valuables
- Large sums of money

Preparing for Day Surgery

- If you normally take medication then please follow the instructions you were given at the pre-operative assessment clinic.

If you are unsure regarding whether to stop taking your medication before admission, please contact Pre assessment on the contact numbers provided at the end of this leaflet.

If you have been pre assessed by your surgical speciality, please contact them directly if you are unsure of the arrangements around stopping your medication.

- Shower or bathe before coming to the hospital and remove make-up, nail varnish, gel or acrylic nails, jewellery and piercings.
- If you have had diarrhoea or vomiting within 48 hours prior of your admission, please inform the Admissions Department.
- You should also inform us if you have had a cough, cold or flu symptoms during the immediate pre-operative period. On occasions it may be necessary to postpone your operation until you are well again.
- It is recommended that you do not smoke prior to your operation. By not smoking, this helps to speed up the healing process, your overall recovery and reduces the risk of complications
- It is very important that you follow the instructions given regarding eating and drinking on the day of your operation. If you don't, this can complicate the anaesthetic process and could mean that your operation has to be cancelled.

In order for you to stay adequately hydrated we advise the following:

For Morning Admissions:

- No food, milk, sweets or chewing gum to be consumed after midnight.
- You can drink clear, still unflavoured water freely until 6am.
- You must drink **250mls** still, clear, unflavoured water at 6am.
- Nothing more to drink after 6am.

For Afternoon Admissions:

- You can have a small light breakfast before 7am.
- You can drink clear, still unflavoured water freely until 11am.
- You must drink **250mls** still, clear, unflavoured water at 11am.
- Nothing more to drink after 11am.

Interpreter Services

It is essential that good communication is maintained at all times during your visit. The Trust provides a comprehensive range of services including:

- Interpreting
- Hearing loops
- Signing and lip reading
- Braille information

If you require the assistance of an interpreter please contact the admissions department immediately on receipt of your admissions letter. Please note that **family members will not be allowed to interpret for you**. Failure to arrange an interpreter will result in your appointment being cancelled on the day.

What will happen on the day of surgery?

On arrival at the Day Unit/Ward please report to the reception desk/nurses station.

You will be given an admission time by which you should arrive at hospital. This is not the same as the procedure time. 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. If you require either a local or general anaesthetic, an anaesthetist will see you before your operation to discuss your anaesthetic.

Each theatre session is 4 hours long and someone will unfortunately have to be last on the list. You should allow to be on the day surgery unit/ward area between 2-6 hours after surgery for recovery. Pre-assessment will advise you on how long you are likely to be in the department after your procedure.

Any advised timings will be indicative. Please remember that the exact time an operation starts is dependent on the other procedures on the list first and this can sometimes cause delays. Recovery time may also vary. Not all patients react to anaesthetic in the same way and some patients may take more or less time than others to recover.

Will my friend/relative be allowed to stay with me?

Unfortunately we are not able to accommodate any other people in this area except patients and patient's carers. Your relative, friend or partner may escort you up to the admission unit and they will be contacted when you are ready to go home. There are restaurant and café facilities onsite for your

relatives to wait, these are well signposted and you can ask the staff for directions.

Children should not be brought onto the unit as they can become unsettled and disturb patients and staff. If you have dependent children please make alternative arrangements to have them cared for.

Certain circumstances may lead to some delays in surgery being performed. If this happens, we will do our best to keep you and your relative, friend or partner well informed.

Before you are discharged home

The ward team will make a number of checks to ensure you are ready to go home. They will make sure:

- You are fully awake and have recovered from anaesthesia
- You have passed urine
- You have had something to eat and drink
- Your pain is managed to an acceptable level
- If you experience nausea or vomiting you will be given medications to treat it

Discharge Information

When we are happy to allow you home you can contact your relative, friend or partner and ask them to come and collect you.

- You **MUST** ensure you have someone to collect you from the hospital.

- You **MUST** have 24 hour supervision by a responsible adult following discharge.
- You **MUST NOT** go home alone in a taxi or by public transport.
- You **MUST NOT** drive for 48 hours following your general anaesthetic

Having these plans in place is crucial to surgery going ahead - there is a risk of cancellation if the above criteria are not arranged prior to your admission.

In exceptional circumstances, surgery may be prolonged or complicated, meaning you may need to stay overnight in hospital. This may be in the day surgery unit or another hospital ward. In both cases, ward staff will contact your relative, friend or partner, to confirm visiting and discharge arrangements.

On leaving hospital you will be given:

- Advice on caring for dressings and a small supply, if appropriate
- Advice and/or pressure stockings and/or injections to reduce blood clots
- A discharge letter and contact details of the appropriate day case ward/unit (for the first 24 hours) if you have any concerns and require postoperative advice.

- We advise that you have a supply at home of simple pain killers, such as paracetamol and ibuprofen. If you require any further medication the hospital will supply this.
- Information regarding any follow-up appointments that are required.

The following instructions are strongly advised for 24 hours after your operation/procedure:

Don't:

- You **MUST NOT** take any form of alcohol or take recreational drugs.
- You **MUST NOT** operate any machinery.
- You **MUST NOT** sign any legal documentation.
- You **MUST NOT** look after children independently.

Do:

- Follow the advice given to you by the staff.
- Take it easy on the day after your procedure.
- Remember that you may need to take time off work if advised to do so.

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

Useful contact numbers

If you have any general questions regarding your day surgery, please contact us on the numbers below:

Monday- Friday 9.00am- 5.00pm

Pre-assessment:

St James: **0113 206 6191**

LGI: **0113 392 3458**

Wharfedale: **0113 392 1561**

David Beevers Day Unit- St James

Nurse Station: **0113 206 5786**

Reception Desk: **0113 206 4788**

Admissions Unit/JAL- St James

0113 206 9152

LGI Ward L26

0113 392 7426

Wharfedale Ward 1

0113 392 1713

Visitor/Patient Parking

For further information regarding parking facilities, please refer to our website www.leedsth.nhs.uk.

David Beevers Day Unit, St James

There are two spaces outside the day unit for the drop off and pick up of patients - these are limited to 20 minutes. Please note these are not disabled spaces.

Patient Transport Services (PTS)

The non-emergency PTS is available for suitable patients referred for consultations, treatment or procedures provided within a hospital setting.

To find out if you are eligible for PTS and how to access it, you will need to contact your admissions department or if you live outside the West Yorkshire area, you will need to contact your GP.

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