

SURGICAL DAY CARE INFORMATION AND REGULATIONS

For your safety during surgery

PRE-ADMISSION

In preparation for your admission to Surgical Day Care you will be required to:

- **MAKE AN APPOINTMENT TO SEE YOUR FAMILY DOCTOR 2 WEEKS BEFORE SURGERY / OR AS INSTRUCTED BY YOUR SURGEON'S OFFICE FOR A PRE-OP EXAMINATION.**
- **STOP TAKING ASPIRIN, VITAMIN E, GARLIC PILLS AND HERBALS ONE WEEK PRIOR TO SURGERY**, unless instructed by physician to continue.

**CALL THE PRE-ADMISSION PROGRAM CLERK 2 WEEKS PRIOR TO YOUR SURGERY TO INQUIRE IF YOU NEED LAB TESTS –
604-535-4500 LOCAL 757409**

- Lab tests are required; report to the 2nd floor at the Peace Arch Hospital **Pre-Admission Program Area Monday-Friday between 8:00am 3:30pm**
No appointment necessary.

If unable to come during those hours, phone 604-535-4500 local 757409.

THE DAY BEFORE SURGERY

If you have a cold or a temperature please report it to your doctor.

To determine what time to arrive at the hospital for your surgery call the Surgical Day Care **604-535-4590 local 757967 between 2:00 pm and 6:00 pm the day before surgery. If surgery is on Monday or after a long weekend, please phone Friday.**

You will be required to arrive at the hospital 1 ½ - 2 hours before surgery.

- **EAT OR DRINK NOTHING AFTER MIDNIGHT.**
- **THE MORNING OF THE SURGERY, PLEASE TAKE ALL YOUR REGULAR MEDICATIONS [EXCEPT DIABETIC MEDICATIONS OR BLOOD THINNERS].**
- Shower or tub bath before you come to the hospital. All jewellery, makeup, and nail polish should be removed.

SURGERY DATE: _____

- PLEASE REPORT DIRECTLY TO THE ADMITTING DEPARTMENT ON THE MAIN FLOOR ON THE DAY OF THE SURGERY.

FOLLOWING SURGERY

Surgical day care patients will be discharged from the hospital soon after the surgical procedure as is deemed advisable.

- **You will require someone to drive you home, you cannot drive a car, take a bus or taxi home alone.** Please make these arrangements:

- **if you do not have someone to accompany you home, your surgery will be cancelled.**
- You must have someone stay with you overnight when you return home. Any questions about this, please discuss with your surgeon's office.
- You must **NOT** drive any vehicle for 24 hours following the anaesthesia.

You should defer important decisions for 24 hours.

- For 24 hours following anaesthesia you are advised not to consume alcohol, since its effects will add to those of your anaesthetic.

You should contact your doctor or the hospital emergency department for any post-operative problems.

You will be given post-operative instructions from the nursing staff.

You may be given prescriptions which you may be required to fill on your way home.

Ensure that you keep your appointment for follow up care with your doctor.

After your orthopaedic surgery, you may require the use of crutches. Crutches are available on the day of your surgery at the cost of \$24.00 or you could purchase them ahead of time from a drugstore or borrow from a friend or from the Red Cross. Please be prepared to either purchase them from the hospital or bring them with you the day of your surgery.