

Day Surgery at Toronto Western Hospital

Information for patients preparing for day surgery at TWH

Read this brochure to learn:

- How to prepare for your Pre-Admission appointment
- What to expect on the day of surgery
- What you need to know about your recovery

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 pick up after surgery:

You will be in the Day Surgery Unit – Main Pavilion, Room 320. You **must** have someone take you home or place of residence after surgery to be discharged from the hospital.

Phone: 416 603 5452

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.

Note: 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 receptionist will contact you as soon as possible to reschedule.

Pre-Admission Clinic

My Pre-Admission Clinic appointment:

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

*Your surgeon's office will send you information about a virtual visit.

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. Your appointment may be a virtual visit or in person. In person visits take 4 hours. Virtual visits are done using a regular phone, smartphone, tablet or computer, and you need to be available for the full 3 to 4 hours.

Before the pre-admission appointment:

- 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. You may also need an appointment with an endocrinologist before your surgery.
- You must complete the Pre-Admission Program Pre-Operative-Patient Questionnaire. Please have this form with you for your pre-admission appointment.
- Your family doctor or primary healthcare provider should also complete the Pre-Admission Program Pre-Operative History and Physical Examination Form or CPP (Cumulative Physical Profile). Please have either form with you at your pre-admission appointment. If you do not have a family doctor, go to a Walk-in Clinic and have the form completed by a doctor.

To prepare for your pre-admission appointment, you may have:

- blood tests
- an x-ray or an ECG
- other tests (such as an ultrasound)
- a MRSA swab (a swab in your nose, armpit, groin and perineum areas to make sure that you are clear from the MRSA bacteria)
- you may have a COVID-19 test done 1 to 3 days before surgery. A flexible swab is inserted into your nose to your upper throat to test for the COVID-19 virus.

On the day of your pre-admission appointment you must bring:

- Your health card (OHIP). If you do not have an OHIP card, please have another form of government-issued photo ID (such as a driver's license, passport or other provincial health card).
- Your completed:
 - Pre-Operative Patient Questionnaire
 - Pre-Admission Pre-Operative History and Physical Examination Form or CPP completed by your family doctor
- 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 jewelry and body piercings and leave them at home. If you cannot remove your jewelry, have a jeweler remove or cut it off before coming for surgery.

Important: If your jewelry 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

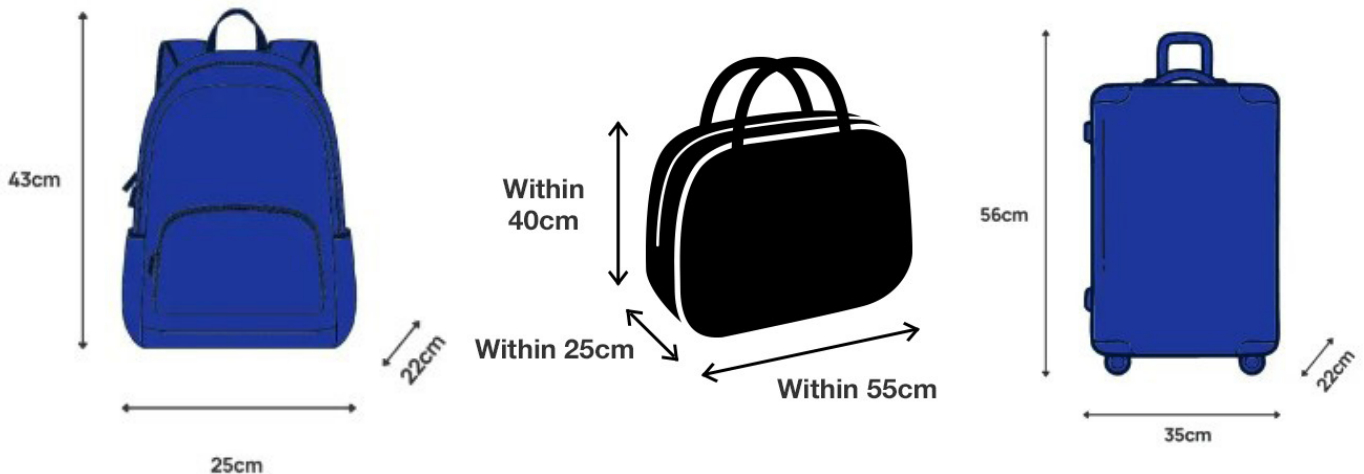
- Shower or bathe before coming in for surgery. Please follow any other specific instructions your surgeon may have given you.
- You can rinse your mouth and brush your teeth.
- Do not shave the hair around the skin area where you will have the operation for at least 1 week before surgery.
- Do not wear 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 at least 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 had a virtual pre-admission visit**, bring all completed forms and the Pre-Operative History and Physical Examination Form or CPP 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 of the medicines that you take in their original bottles (or a full list from your pharmacy)
- Clean, loose-fitting clothes and flat shoes
- Ortho Boot, brace or 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, if needed
- 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.
- 1 large bag to hold all of your other belongings. This may include shopping totes, duffel bags or any other bag you'd like. Bags with a zipper are preferred to keep your belongings safe.

Some examples:



Important: Please leave your valuables at home such as jewelry, 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.
- If the doctor, nurse or pharmacist gave you instructions during your pre-admission appointment to take some medication on the morning of surgery, take them with a small sip of water.



Medicine I was instructed to take the morning of surgery: _____

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?

- **Please confirm where to register.** Check the front of this brochure for the correct time and place. Arrive at your assigned location at least **2 hours before** your surgery—either POCU (Fell Pavilion – 2nd Floor) or Day Surgery (4th floor, Main Pavilion). Follow any specific instructions your surgeon gave to you. If you are late your surgery may be cancelled or given to the next patient.
- A receptionist asks you for your health card (OHIP) to make sure we have the right information. You are screened for symptoms of illness.
- 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, height and weight.
- If you need to have your 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.
- While in surgery, your bag is delivered to the unit you will be transferred to for recovery.
- When your surgery is over and you are in Day Surgery Unit, a nurse calls your Essential Care Partner (ECP) with an approximate discharge time. Once you are ready to leave the hospital, the nurse calls your ECP to pick you up from the Day Surgery Unit.
- **Important: Your ECP must pick you up at DSU unit and accompany you out of the hospital.** You might need a wheelchair to leave the unit. Your ECP can rent them from the front entrances for \$1.

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 are 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 to lower the chance of a surgical site infection.

- Your surgeon may prescribe an antibiotic to take before your surgery.
- The operating room nurse, anesthetist, and surgeon talk with you before you enter the operating room.
- Depending on the type of anesthesia you receive (such as a spinal or regional block), you may have to start in the “block room” to get your block 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 may also put an oxygen monitor on your finger and attach you to a machine that checks your heart rate. We also give you anesthesia and medicine to help you relax 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 to start your recovery. 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 to the Day Surgery Unit to finish your recovery.

In the Day Surgery Unit (DSU) after your surgery:

You will complete your recovery in the DSU. The nurses:

- 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.

Recovery After Surgery

Who should pick me up from the hospital?

Please arrange for a responsible adult (such as relative or friend who is over the age of 18) to pick you up at the hospital. **If you do not have someone to take you home or your next place of residence, 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.

Staying safe during recovery

We have pamphlets that provide safety tips for when you are recovering after surgery. Ask your nurse for copies or find them on our UHN Patient Education website: 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.



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