

Patient Name: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_ Time of Surgery: \_\_\_\_\_ a.m. / p.m.

Time to get to the hospital on the day of surgery: \_\_\_\_\_ a.m. / p.m.

You are booked for surgery at the site checked below:

- Greater Niagara General Site** – 5546 Portage Road, Niagara Falls  
Please go to the Day Surgery Department
- St. Catharines Site** – 1200 Fourth Avenue, St. Catharines  
Please go to the Day Surgery Department
- Welland Site** – 65 Third Street, Welland  
Please go to 3 West and check in at the first desk

You are booked for:

- Day Surgery – you will go home the same day as your surgery
- Admission – you will likely be in hospital for \_\_\_\_\_ days

You need blood work or testing before your surgery  Yes  No

- Testing must be done seven (7) to twenty-eight (28) days before your surgery
- Please tell the lab the date of your surgery and the name of the hospital where you are having surgery so your results will be ready

### Call your surgeon before surgery if:

- You have a cold, an infection or change in your health
- You start taking a new medicine
- You can't have surgery on the date written above

Please turn the page for medication, food and drink instructions

# Eating and Drinking Before Surgery

## Adults and Children 1 year of age and over

- You may eat and drink until midnight the day before your surgery
- You must NOT EAT anything after midnight
- **You may DRINK the following up until three (3) hours before surgery:**
  - Ginger Ale
  - Water
  - Apple Juice
  - Black Coffee (no milk, cream or substitute)
  - Clear Tea
  - Sport Drink (Gatorade®)
- **You must NOT DRINK if surgery is less than three (3) hours away**

## Infants (6 months to 1 year of age)

- Feed your child as usual the day before the operation. No solid food may be given after midnight. Your baby may be breastfed or given formula up to six (6) hours before the operation. Your baby should be given a drink of apple juice or water three (3) hours before the operation (unless your surgeon or anaesthesiologist has given you special directions).

## Medications

- **Your surgeon** will tell you which medicines you should and should not take on the evening before and morning of your surgery.
- If you are told to take your home medicines, please take them with a sip of water. If you are not sure which medicines to take, please contact the doctor who gave you the directions.
- Do not take herbal medications for one week prior to surgery.

**You can** take the following medications with a sip of water the morning of surgery:

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Medications you need to **stop** before your surgery:

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- If your medications are blister packed at a pharmacy, please see your pharmacist for help removing any pills you are supposed to stop taking before surgery.
- Please call your pharmacist before your surgery to get a list of your medications. Ask if you need a free MEDSCHECK appointment. Bring the list and your medications with you on the day of surgery.

# Getting ready for surgery; what you need to know

Welcome to Niagara Health. This package will help you get ready for surgery.

**Please read this package to make sure you know what you need to do before your surgery.**

**Bring this package with you to all appointments.**

## **Important things to remember:**

- Please get to the hospital at the time written on the front of this package.
- Children must have a parent or guardian with them.
- If you are going home the same day of surgery, you **MUST** have an adult to pick you up and stay with you overnight or your surgery will be cancelled. This is for your own safety.
- You will be able to use a phone to call the person you have asked to take you home.
- Contact Person: it is very important that you select one family member or close friend to be your information contact person.
- Cancellations or delays may happen. Your team will keep you informed.

If you have any questions or concerns, please contact your surgeon's office.

For more information about Niagara Health, go to the Niagara Health website at  
[www.niagarahealth.on.ca](http://www.niagarahealth.on.ca)

**OR**

**Call the Patient Information Line: 289-398-1073**

**Niagara Health is a Smoke and Scent-Free Environment**

# Looking Ahead To Your Surgery

## Help After Surgery

- Make sure you plan ahead to have meals for you and your family while you are getting better after surgery. If you need help caring for yourself or family after surgery, you can call 211 to find out about supports close to you or Online: search 211 Niagara.
- Please arrange rides to any appointments that you have after your surgery. Avoid driving any sort of vehicle while you are getting better after surgery.
- If you are going home the same day of surgery, for your safety, you **MUST** have an adult to pick you up and stay with you overnight or your surgery will be cancelled.

## Smoking / Alcohol / Substance Use

- Plan ahead to stop smoking. Smoking makes it harder for you to heal. Your doctor may choose not to do surgery if you smoke. At the very minimum you should not smoke for eight (8) hours before your surgery. Ask your doctor about supports to make quitting easier. To learn more, visit [www.StopSmokingForSaferSurgery.ca](http://www.StopSmokingForSaferSurgery.ca) or call the Smoker's Helpline at 1-877-513-5333
- It is important to tell your surgeon and staff about your alcohol and/or substance use before the surgery so your care can be planned for you. It is best not to drink alcohol and/or use substances 48 hours before your surgery. Alcohol and substance use can lengthen your recovery and affect medications given during your hospital stay.

## Getting ready right before surgery

- Take a bath or shower and shampoo your hair. Do not wear perfumes, scented lotions or scented deodorants. Do not shave the area of surgery unless your surgeon tells you to do so.
- For your safety, remove all jewelry and body piercings. Leave your jewelry at home.
- Remove contact lenses.
- Remove nail polish and artificial nails.
- Put your name on all the things you bring to the hospital.
- Please leave money, valuables and credit cards at home.
- Female patients: Do not wear tampons during the surgery. This is a risk for toxic shock syndrome. If you have your menstrual period, please let the nurse know before the surgery and you will be given a different product.
- If you have glasses, dentures or hearing aids, bring your containers with your name on them.
- If you are staying in hospital after surgery, please have a family member or friend bring any personal items you may need after you are settled in your room.

## Special Instructions

If you have a document (Power of Attorney) naming someone to speak for you if you cannot speak for yourself, have a living will or an advance directive, please inform a member of your health care team when you get to the hospital. Bring a copy of the document if possible.

**On the day of surgery, please bring with you:**

- Your health card and group insurance information
- If this is a WSIB case, bring your claim number and Social Insurance Number
- The list of medications from your pharmacist
- All of your prescription, over the counter, non-prescription medicines, vitamins, minerals, supplements and natural remedies. Don't forget any ear drops, eye drops, creams, ointments, inhalers, injections, liquids, nose sprays, patches and suppositories.
- If you need help to get from place to place, English is not your first language or you need a translator, please bring someone to assist you

**Are there any charges?**

- There is a fee for parking in the hospital parking lot.
- You need to pay for things like crutches, splints, etc., if needed
- Patients pay for all services not covered by OHIP. Your doctor will tell you about any charges
- If payment is needed, your bill must be paid at the Cashier / Information desk before your day of surgery

**Parking**

- Take a ticket when you enter the parking lot. Bring the ticket into the hospital – do not leave it in the car
- Before leaving the building, put the ticket into one of the ticket kiosks found at all major exits
- The kiosk will tell you how much to pay. You can pay cash or credit.
- After you pay, the ticket will be returned. Take the ticket to the car and put it into the machine at the exit gate

**Need to fill a prescription?**

**Hauser's Pharmacy** is at the St. Catharines Site on the first floor, main lobby, across from the Food Court. They are open 9 a.m. until 6:30 p.m. Monday through Friday; 10 a.m. until 4 p.m. Saturday; closed Sunday and holidays

**Goldencare Pharmacy** is at the Greater Niagara General Site, main floor, beside the Gift Shop. They are open 9 a.m. until 6 p.m. Monday through Friday; 1:30 p.m. until 4:30 p.m. Saturday; closed Sunday. Please check about holiday hours.

There is not a retail pharmacy available at the Welland Hospital Site.

## Care After Surgery / Length Of Stay

Where you recover from surgery is based on the type of surgery you have. Things like your age, medical history, and home setting will help decide how soon you are able to go home from the hospital. Some people go home the same day; others stay in the hospital for a few days. Your team will discuss the plan of care for your surgery and what to expect during your recovery from surgery.

## Pain Control

Take any pain medication as directed by your surgeon. Regular and timely use of pain medication will help your recovery. If you feel pain when you are in the hospital, please tell a member of your health care team. You will be asked to rate your pain on a scale between zero (no pain) and ten (worst pain).

Other ways to control pain:

1. Raise the painful area on a pillow
2. Think about something else (watch TV, read, listen to music)
3. Relaxation

## Exercises After Surgery

### Deep Breathing

Deep breathing helps to open the lungs. Do this 4 to 5 times every hour, when you are awake, until you are more active.

- Place your hands on your belly. Allow your belly to swell up under your hands as you breathe in deeply through your nose
- Hold the breath for 1 to 2 seconds
- Breathe out through your mouth as if gently blowing out a candle. Let all the air out.

### Coughing

Coughing helps remove phlegm from the lungs.

- If you have an incision in your belly, support it with your hands or a pillow
- If you have phlegm, you should give one strong cough after each deep breathing session

### Leg Exercises

Leg exercises are necessary to promote blood flow in the legs. Repeat this set of exercises 4 to 5 times every ½ hour, when you are awake, until you are walking regularly.

- Flex your knees (unless your health care team tells you not to)
- Extend your legs until they are straight
- Wiggle your toes and bend your feet up and down
- Circle your ankles to the right and to the left

### If you are going home the day of surgery

If you are going home the same day of surgery, for your safety, you **MUST** have an adult to pick you up and stay with you overnight or your surgery will be cancelled.

Your nurse will let you know the day of your surgery when your ride should be at the hospital to take you home.

### If you are staying in the hospital after your surgery

Your doctor will tell you about how many days you can expect to stay in hospital after your surgery. You may be able to go home sooner than planned. Your health care team will let you know if you seem to be getting better faster than planned. That way, you can be ready to go home as soon as you are able.

On the morning that you plan to go home, please have someone pick you up shortly after your breakfast, but not later than 10 a.m.. We need to get your room ready for the next patient. If your ride is late, we may have to ask you to wait in a chair for your ride home.

### Recovery at home

Please plan for the following **before** you go home:

- Child care: if you have children you care for, you may need help until you feel better
- You may have limits on lifting or activities
- You may need more rest at home
- Often, you may be sent home with stitches, staples or drains in place. The nurse will tell you where and when these will be removed
- You may have some pain after going home and be given a prescription for pain medicine that you need to have filled at a pharmacy

### Prevention

Healthy habits you start as part of your recovery are also great ways to help prevent further problems with your health.

Keep a positive outlook on life through exercise, eating well, and getting plenty of rest.

Niagara Health is a smoke and scent-free environment

