

## Preparing for your Surgery

### One-Day Stay Instructions

**Call your surgeon if you have had any health changes or are ill, as the date of your operation may need to be changed. London Health Sciences Centre is a smoke-free environment, for your health it is best to quit smoking prior to your surgery.**

#### When to stop eating and drinking before your procedure:

- Do not eat any solid food, jello, or broth after midnight
- No chewing any gum or hard candies after midnight
- You may drink clear fluids up to three (3) hours before your scheduled operation time
- Clear fluids include: water, apple juice, popsicles/freezies, black coffee or tea (do not add milk, whitener or creamer to your clear fluids)

#### Preparation for day of the procedure:

- Shower or bathe with non-scented soap
- Do not apply lotion or creams, unless instructed by your surgeon. London Health Sciences Center is a scent-free environment
- Please remove jewelry, hair pins, piercings (ear or body), nail polish, contact lenses, internal menstrual products (wear a pad if required), make-up, perfume, cologne, aftershave, lotion, or hairspray prior to coming to the hospital
- Bring a container to put your dentures, glasses, and hearing aids in
- Wear loose fitting, comfortable clothes, and bring a comfortable pair of non-slip shoes
- Bring crutches, braces, cooling cuffs, or any equipment that has been recommended by your surgeon
- Bring your CPAP machine if you use one
- Bring your Ontario Health Card
- Bring all written instructions about your procedure
- Leave valuables and money at home, London Health Sciences Centre will not be responsible for lost or stolen items

#### **For 24 hours after your operation:**

- ✓ **You must not drive or operate hazardous machinery**
- ✓ **You must not drink beer, wine or alcohol; or use recreational drugs**
- ✓ **You must have a responsible adult accompany you home and stay with you overnight**

### Medication Instructions:

- Take only medications on the day of the surgery as directed by your surgeon or as written on the Pre-Admit Best Possible Medication History
- Bring any medications that you are taking in the labeled containers from the pharmacy
- Bring inhalers (puffers), eye drops, medicinal patches, sprays, and vitamins
- Bring an updated and current Prescription or Medication list
- Leave your narcotics, medical/recreational marijuana at home

### Support Person Instructions:

- Ensure your support person who is escorting you home remains in the hospital during your procedure
- You may have up to one (1) responsible adult with you when you are being prepared for your operation and prior to being prepared to go home

### What to expect the day of:

- After you register with the clerk, you will be given an identification band that will be checked many times during your visit
- You will be brought to the room where they will prepare you for surgery
- Your nurse will ask you questions about your health, medications, and when you last had something to eat and drink
- The nurse will take your vitals (blood pressure, heart rate, breathing rate, temperature, and oxygen levels)
- The nurse will put in an intravenous line to give you fluids and medications
- You will need to remove glasses, dentures, hearing aids, and any wig or hair pieces before going into the operating room
- After the operation the nurse will monitor your vital signs, dressing, pain, and nausea and give you medication if needed
- When you are ready to go home, the nurse will remove your intravenous line, provide you with discharge education, and a prescription for pain medication if required
- It is normal to feel sleepy and forget parts of the day after you have surgery

### Patient Experience:

Your patient experience is important to us, and we welcome your feedback. You may contact Patient Relations with any compliments or concerns 519-685-8500 x 52036 or email [patientrelations@lhsc.on.ca](mailto:patientrelations@lhsc.on.ca)