

Welcome to the Day Surgery Unit

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Day surgery, as the name suggests, is surgery that does not usually require an overnight stay in hospital. Our aim is to provide treatment and allow you to return home the same day where you can recover in familiar surroundings. The specialist team of staff in the Day Surgery Unit aim to ensure that you receive a high standard of care before, during and after your operation.

If you are unable to make your appointment, please let us know as soon as possible.

Day Surgery Unit - Tel: 01342 414522

Monday to Friday - 7.30am to 7.00pm

Where to find us – the hospital is situated in Holtye Road, East Grinstead (A264 from East Grinstead to Tunbridge Wells). For those with 'sat nav' the postcode is RH19 3DZ.

There is a 'Pay and Display' car park but please note that spaces are limited. Please ensure that you bring change with you. Current charges can be found on our website www.qvh.nhs.uk or by contacting the hospital switchboard on 01342 414000. Please note that parking is free for Disabled Badge Holders. A few short-stay 'drop off' spaces are available where parking is free for 20 minutes.

Directions to the Day Surgery Unit

From the Main Entrance (Canadian Wing) – enter through the double doors, turning immediately right into the Main Corridor. At the vending machines, take the door to the left and follow the green line on path outside to the Unit.

From the X-Ray Entrance (underneath the clock tower) – follow the green line painted on the floor. At the vending machines, take the door to the right and follow path outside the Unit.

Getting ready for your visit

Contact the Day Surgery Unit as soon as possible if you:

- have a sore throat, cold, cough or have suffered from vomiting or diarrhoea
- are unable to keep your appointment
- think or know that you are pregnant
- have changed your mind

Transport

It is important that you make arrangements for someone to transport you to and from the Day Surgery Unit.

You must also arrange for someone to stay with you that evening and overnight in case you feel unwell.

You must not drive.....Do not drive yourself from the hospital or use public transport.

Smoking

If you smoke, giving up for several weeks before your surgery may help reduce the risk of breathing problems. If you cannot stop, cutting down will help. As smoking also affects wound healing, try not to smoke for at least 24 hours before and after your surgery.

The hospital has a no-smoking policy. This means that smoking is not allowed inside the hospital, in any entrances or doorways or within the grounds. Smoking shelters are available, please ask staff for directions.

Preparing for surgery

What should I bring with me?

- one carer, friend or relative
- any pills, medicines, herbal remedies or supplements that you are prescribed or currently taking, including eye drops and inhalers
- a sandwich or snack, to eat **after** your surgery
- something to occupy the time whilst waiting (e.g. book, puzzles, personal audio player with headphones)
- dressing gown and slippers
- small amount of money in change

Please do not bring any large sums of money or valuable belongings with you. Queen Victoria Hospital is unable to accept responsibility for the loss of or damage to personal property.

We have limited space in our waiting area which is why we ask that, where possible, you only bring one person to accompany you.

Preparing for surgery

Please shower or bathe before coming to the unit and remove make-up, nail varnish and non-essential jewellery. Contact lenses should also be removed.

Wear loose, comfortable clothing and footwear.

Important anaesthetic information

Please follow the instructions that relate to the type of anaesthetic you are going to have. For your own safety it is very important that these are followed carefully, otherwise your operation may be cancelled.

General or Regional anaesthetic

Morning operation

- the evening before, eat a light supper
- no food should be eaten after midnight
- before 6am – drink one cup/glass of fluid e.g. water, black tea or black coffee (no milk or fizzy, sugary drinks)
- after 6am – **nothing to eat or drink** – fasting until after your operation.

Afternoon operation

- before 7am, please eat a light breakfast e.g. tea and toast
- have nothing more to eat until after your operation
- before 10am – drink one cup/glass of fluid e.g. water, black tea or black coffee (no milk or fizzy sugary drinks)
- after 10am – **nothing to eat or drink** – fasting until after your operation

Taking your medication - You should continue to take your normal medicines with a sip of water up to and including the day of surgery unless your GP, anaesthetist or surgeon have asked you not to. If you are unsure please telephone the Unit for advice.

Local anaesthetic

You may eat and drink normally

On the day of surgery

When you arrive

On admission to the Day Surgery Unit, you will be welcomed at reception. A nurse will record certain details in your notes and will ask you about your general health. If you have any questions do not hesitate to ask them.

Please inform the staff if you have any allergies.

You will be asked to wait for your surgery in a lounge area, where you can relax and watch television or read, do puzzles etc. Before surgery, you will be escorted to a changing room where you will be asked to change into an operating gown. A property bag is provided for you to store your clothes and belongings whilst you are having your surgery.

We do our best to stagger the admission time so that you can be assessed by the surgeon and anaesthetist before the operating starts. Unfortunately, sometimes operations take longer than expected which may mean that you have longer to wait.

The surgeon will discuss your operation with you. It is important that you understand the benefits and risks of the procedure before you sign your consent form. You will also meet your anaesthetist, who will talk to you about your anaesthetic. Please ask any questions that you may have.

You have the right to refuse if you do not want the treatment suggested.

Your operation

When it is time for your surgery a nurse will accompany you to the operating theatre. There you will be welcomed by the theatre team and prepared for your operation.

How long will your stay be in the Day Surgery Unit?

- On average your stay should be between three and six hours, depending on where you are on the operating list.
- Certain circumstances may lead to some delay in your surgery being performed. If this happens we will do our best to keep you informed.
- You will be discharged from the Day Surgery Unit once the nursing and medical staff are satisfied with your condition.
- In exceptional circumstances, an overnight stay may be necessary.

After your operation

If you had a general anaesthetic

- After your surgery you will wake up in a recovery area.
- You will be moved to the second area of the recovery room until you are fully awake and alert.
- The nurses will inform you when it is safe to move around, to get dressed and move into the recovery lounge. It is important to ask for help when you first get up as you may feel faint or sick. Most people feel fine after their operation. The staff will offer you some light refreshment, when you will be able to eat your sandwich/snack.
- How you feel will depend on the type of anaesthetic you have had, how much pain-relieving medicine you have had and your general health.

If you had a local anaesthetic

After your surgery you will be able to get dressed and move into the recovery lounge where staff will offer you some light refreshment, when you will be able to eat your sandwich/snack if you have brought one.

What will happen afterwards?

You may use your mobile phone to contact someone to come and collect you or ask the nurse to do it for you. If necessary, an information sheet will be given to you. Both verbal and written information will be provided before you are discharged.

Make sure you have all your belongings with you, before you leave the Unit.

Pain

If required, you may be prescribed pain-killers which will be given to you in the unit. However, as this may not be necessary, please ensure that you have an adequate supply of your usual 'over the counter' painkillers.

Always read and follow the instructions, warnings and dosage on the advice leaflets.

Follow-up appointments

If you require a follow-up appointment for the Outpatients Department, where possible, the appointment date and time will be agreed with you before you go home. Otherwise, an appointment will be sent to you by post.

Questions and answers

Should you, your relative or carer have any questions or need assistance before or after the operation, please do not hesitate to ask the nurse who is looking after you.

Discharge information

Information about a patient's treatment is confidential and cannot be discussed with anyone without his or her permission.

- With your consent, information regarding your condition and treatment can be given to your relative or carer.
- The nurse will discuss with you, your relative or carer to help plan and arrange your discharge.
- If necessary, after the operation, the nurses can arrange for you, your relative or carer to speak to the surgeon.

At home, how will I feel?

You may feel tired or even exhausted when you get home. Go to bed or rest as much as possible. Have someone stay with you and have help available for showering or bathing in case you feel light-headed or faint.

For the next 24 hours after surgery and anaesthesia, you must NOT:

- drive or operate machinery. It is important to check your insurance documents. If you have an accident your claim may be invalid
- drink alcohol
- take sleeping tablets
- stand up for long periods
- sign legal documents, contracts or make important decisions (because you may feel drowsy and may find it hard to concentrate)

Further questions

Should you have any further questions or concerns following surgery, please do not hesitate to contact us.

Day Surgery Unit

01342 414522

The Unit is open from 7.30am until 7pm Monday to Friday.

Outside these hours you may either contact your GP or telephone our switchboard and ask to speak to the doctor on call.

Switchboard

Tel: 01342 414000

Please ask if you would like this leaflet in larger print or an alternative format.