



Welcome to Surgery

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For more information:

www.saskatoonhealthregion.ca

Welcome to surgery!

Our staff wish to make your stay as comfortable as possible.

This booklet has been put together to help explain what will happen to you during your stay.

If you have any questions or concerns about your care, please feel free to discuss these with your nurse or physician.

Valuables

Saskatoon Health Region is NOT RESPONSIBLE for lost or stolen property. Please send all valuables home with your family.

Before Surgery:

What You Need to Know

It is important to follow the "fasting guidelines" or direction by your physician that explains when you can eat and drink prior to surgery. There is a risk of surgery cancellation if this is not followed.

Fasting Guidelines

Children:

Nothing other than the following after midnight:

Breast Milk	up to 4 hours prior to surgery time
Infant formula	up to 6 hours prior to surgery time
Non-human milk	up to 6 hours prior to surgery time
Clear fluids	up to 2 hours prior to surgery time

Adults:

Nothing other than clear fluids after midnight:

Clear fluids	up to 2 hours prior to surgery time
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Clear liquids include water, apple juice, non-alcoholic and carbonated beverages, clear tea and black coffee. Sugar may be added to tea or coffee, and 10ml (two teaspoons) of milk.

Once you arrive at the hospital

- Before you go to surgery, a nurse will ask you some questions about your health and check your pulse and blood pressure. You will also be taught specific discharge instructions pertaining to your type of surgery.
- You will be asked to change into a hospital gown and housecoat. **All bras, panties and underwear must be removed.**
- For your safety in the Operating Room, all jewelry including any type of body piercing (tongue, navel, etc.) must be removed.
- All facial makeup and nail polish must be removed.
- Dentures, partial plates, contact lenses, and any other prosthesis must be removed.
- When the O.R. is ready for you, a porter will accompany you to the Operating Room.
- You may be taken to a waiting area called a "holding area" before going to the operating room. One or two of your family or friends may be allowed to go with you into the holding area.
- Your anesthesiologist and surgeon will talk to you prior to surgery.

During Surgery

- Your pulse, blood pressure, breathing and oxygen level will be closely monitored in the operating room.
- The anesthesiologist and surgeon will determine the best anesthetic for your procedure.

Below pictures are examples of what to expect in the OR Theatre



There are three types of anesthesia:

1. General Anesthesia: (most common)

- Medication is given to you through a mask and/or intravenous which causes you to go to sleep and not feel the surgery.
- A tube may be placed in your throat to help you breathe.

2. Local Anesthesia:

- Medication is injected to numb the area so that you do not feel the surgery.
- You may also be given some medication through an intravenous to help you relax.

3. Spinal Anesthesia:

- Medication is injected into your spine so that you do not feel the surgery.
- You won't be able to move or feel your legs and feet until after the procedure.
- You may also be given some medication through an intravenous to help you relax.

After Surgery

- After surgery, you will go to the Recovery Room, which is also called the Post Anesthetic Care Unit (PACU). This is where nurses will monitor you as the anesthetic wears off.
- The PACU nurse will administer medication to reduce any pain you may have as a result of the surgery.
- When the PACU nurse is satisfied that your condition is stable, you will be brought back to the ward on a stretcher.

Back on the Ward

- When you return to the ward, a nurse will check your surgical site, as well as your blood pressure and pulse.
- The nurse will continue to check your surgical site, blood pressure, and pulse, then prepare you for discharge if you are going home that day.

If You Are Going Home the Same Day

No matter how awake you feel, because of the medicine's lasting effects you SHOULD NOT, in the next **24** hours:

- Drive a car, operate power machinery or tools
- Drink any alcohol
- Make any important personal or business decisions
- You must have a responsible adult that can take you home and stay with you overnight. They will be asked to come to the surgery unit to pick you up.

If you have had a General Anesthetic:

The medication that was used during your operation will be acting in your body for 24 hours. The sleepy feeling you may have will slowly wear off.

If you have had a Spinal Anesthetic:

You will need to stay in bed until you can move and feel your legs and buttocks.

Your buttocks will be the last area to have feeling and movement return.

If you experience headache while sitting or standing, difficulties emptying your bladder, fever or leg weakness, contact your doctor.

Once You Are Home

- Follow the Discharge Instructions as reviewed with you by your nurse.
- Following surgery, you may feel some mild nausea in the first few hours. If so, you may take something to help settle your stomach.
- You may return to your regular diet when you are feeling up to it. A balanced diet is important to promote healing.
- If you experience discomfort, you may take an over-the-counter pain medication. If this is not sufficient, contact your doctor.
- Contact your doctor if you develop a fever, redness, drainage or bleeding at your incision or increased pain.

Parking

RUH Courtesy Shuttle

Shuttle Hours:

- Monday to Friday: 7:30 am – 8:30 pm
- Saturday and Sunday: 9:00 am – 5:00 pm
- Statutory Holidays: closed

Locations:

- Pick up/drop off anywhere on parkade levels 2 thru 5
- Main pick up/drop off at the new level 3 hospital entrance
- Pick up/drop off available at Old Main Entrance, Dubé Centre & Ellis Hall upon request

How does it work?

Just like a New York taxi! If you see us, wave us down.

Or you can call **306-514-7577** to request a pick up.

Please specify if you need the wheelchair accessible van.

