

DAY SURGERY

Day Surgery – A patient has an operation or procedure and goes home anywhere from 30 minutes to several hours after surgery, once discharge criteria are met.

Pre-operative Preparation

- All day surgery patients must have a visit with their family doctor up to 90 days prior to their surgery to have a pre-operative history and physical completed. At this visit ask your doctor which medications to take the morning of surgery. Bring the completed pre-operative history and physical form to the hospital with you on the morning of surgery.
- If your doctor has requested tests pertaining to your surgery, obtain those test results (e.g. blood work, x-rays, ECG, etc.) and bring them with you the morning of surgery.
- Discuss with your family doctor if it is safe to be off blood thinners five days before surgery and when to restart after surgery.
- Arrange for an interpreter to accompany you on the day of surgery if there is a language barrier or hard of hearing.
- Confirm with your surgeon's office if you are required to stay in the city overnight.

***Make arrangements for a responsible adult to drive you to the hospital and home after surgery and stay with you until the next morning after surgery.*

Pre Assessment Clinic

- Occasionally a Day Surgery patient may be booked for a Pre Assessment Clinic Visit. You will receive the appointment date and time from your surgeon's office.

See the ***Preparing for Surgery: Pre Assessment Clinic*** document for more information.

The Night Before Surgery (Fasting for Surgery)

- Do not drink alcohol for 48 hours before your operation. Alcohol may change how your body reacts to medications during the operation.
- Do not eat solid food after midnight the day before your surgery or your surgery may have to be postponed or rescheduled for your own safety.
- Do not chew gum, eat mints, candy or throat lozenges after midnight.
- You may have clear fluids up to 2 hours prior to your surgery time i.e. surgery booked for 10 a.m. Scheduled to arrive at hospital at 7 a.m. May have clear fluids up to 8 a.m.
- Clear fluids include: water, clear juices, water-ice pops, broth, Jell-o, clear soft drinks i.e. ginger ale, sports drinks, tea or coffee.

- Do not have cream, whitener, milk, creamed soups or alcoholic beverages.

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 fluids include; water, apple juice, non-alcoholic and carbonated beverages, clear tea and black coffee.
Sugar may be added to tea or coffee.

The Day of Surgery

- Take your medications as instructed by your family doctor the morning of surgery with sips of water.
- Remove all jewellery and piercings and leave at home.
- Remove all facial makeup and nail polish.
- Arrive in the Admitting Department at your scheduled time.

What To Bring With You

- Completed history and physical form and tests results (if applicable).
- The surgeon's office letter you have received.
- Your valid Saskatchewan Health Services Card and any other relevant health services cards or information.
- Medications which you take regularly in their original labelled containers.
- Bring your CPAP (Continuous Positive Airway Pressure) machine and equipment, if applicable.
- Reading or activities (cards, crossword puzzles, small games, etc.).
- Case for glasses (if applicable).
- Housecoat and slippers will be supplied for you in the Day Surgery Unit.

- A family member may accompany you while you wait and be with you after surgery OR the staff can call your ride once you are ready to go home. More detailed instructions will be available on the day of your surgery in the unit.
- If your family member is going to stay with you they will need approximately \$20.00 for all day parking or change for meters.
- The adult accompanying a child or mentally challenged adult is asked to remain with the patient during the patient's stay in the DSU.

Saskatoon Health Region is not responsible for the loss of money or other personal possessions.

In The Day Surgery Unit

- Staff from Admitting will take you up to the Day Surgery Unit.
- 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.
- You will be able to secure all your belongings in a locked cupboard near your bed/stretchers.
- For your safety in the operating room, staff will ensure all jewellery, including any body piercings, makeup and nail polish have been removed.
- Dentures, partial plates, contact lenses and any other prosthesis will also need to be removed. These will be secured in your locker.
- When the Operating Room (OR) is ready for you, a porter will accompany you to the OR.
- You may be taken to a waiting area called a "holding area" before going into the Operating Room. One or two of your family members may be allowed to go with you into the holding area. Your anaesthetist and surgeon will talk to you prior to surgery.
- Parents or guardians of pediatric patients will be asked to stay at the patient's bedside while the child is in surgery so they are available for the child, if needed.

During Surgery

- All the staff in the Operating Room wear special clothing, caps and masks. The room is very bright and cool.
- A nurse will greet you and check your identification bracelet. They will also ask you if you have any allergies.
- They will help you to get comfortable on the operating table and may position your arms and legs.

- A heart monitor and blood pressure cuff will be attached to help check your vital signs during surgery.
- A device that looks like a clothespin (oximeter) will be attached to your finger to measure the amount of oxygen in your blood.
- Saskatoon Health Region hospitals use a patient safety tool in our operating rooms for all surgical procedures called the “**Surgical Safety Checklist**”. It is a double-check to ensure a safe surgical experience.

The checklist includes common tasks and items that surgeons and staff carry out to ensure patient safety in the operating rooms such as:

- Checking equipment.
- Confirming patient information.
- Reviewing our plan of care for you.

The checklist is divided into three sections: tasks that must be completed before your anesthesia, before your incision is made, and before you leave the operating room.

We are sharing this information to reassure you that this double-checking process is part of your surgical team’s routine, in an effort to ensure your safety. You too are a part of ‘the team’ and **we encourage you to ask us questions at any time.**

- The time you spend in the operating room is estimated. If your surgery takes longer, it does not mean anything is wrong.

After Surgery

After surgery they will wake you in the Operating Room, but you will probably not remember. Then you will be moved into the **Recovery Room/Post Anesthesia Care Unit (PACU)** where the nurse will continue to monitor you as you awaken and manage your pain. This room may seem noisy and bright. There will be other patients in the Recovery Room/PACU.

Recovery Room/Post Anesthetic Care Unit (PACU)

- The Recovery Room/PACU is the area that you will go to immediately after your operation as you recover from the anesthetic. Specialized nurses keep close watch over you as you become more awake following your operation.
- You may have your blood pressure, pulse, oxygen level and bandages checked periodically. When you are ready you will be taken to your room on the nursing unit.
- Your family will not be allowed to visit you in the Recovery Room/PACU but may be close by in the visiting room if the doctor needs to see them. Once you have been taken back to the Day Surgery Unit your family and friends can be with you.
- Parents or guardians of pediatric patients will be asked to stay at the patient’s bedside while the child is in surgery and Recovery Room so they are available to the child if needed.

Back in the Day Surgery Unit

- When you return to the Day Surgery Unit, a nurse will check the area where you had surgery, as well as your blood pressure and pulse.
- Your nurse will then let you rest until you are ready to eat a light snack.
- Your nurse will give you medication ordered by your doctor to relieve any discomfort you may feel. Do not wait until the pain is too uncomfortable before you ask for the medication.
- The nurse will get you up once you are ready and check your vital signs again. You will then be prepared for discharge.
- You will be given written instructions about your care at home and any specific instructions from your surgeon.