

Surgery at Victoria Hospital

Patient Education & Safety Booklet

Victoria Hospital
2340 Pembina Highway
Winnipeg, Manitoba, R3T 2E8

For your use

Type of surgery _____

Date of my surgery _____

Time to arrive at hospital _____

(you will receive this time at a later date)

Time of my surgery _____

(you will receive this time at a later date)

For more
information
about your
surgery, call your
surgeon's office.

Remember!!

- ✓ Someone to take me
- ✓ home and stay with
- ✓ me overnight
- ✓ Fasting Guidelines
- ✓ (? eat/drink)
- ✓ Medications
- ✓ No Jewelry or smoking/
vaping/cannabis/alcohol

For Surgeon's office use

To reorder contact Victoria Hospital Slating office at 204-477-3114

You are scheduled for surgery at Victoria Hospital. Please review this information carefully and follow these instructions closely. Poor preparation may result in cancelling the procedure or increasing your risk of complications. Take part in your care by following these instructions, and help the surgical team make your experience safe and positive.

Please talk to your healthcare team if you have any questions or concerns.

What is Day Surgery?

Day Surgery is a term used when you come to the hospital to have planned surgery, and then go home the same day.

What is Short Stay Surgery?

Short stay surgery is a term used when you come to the hospital to have a planned surgery. This plan includes a single overnight stay in hospital with a *discharge time of 6:00 am.*

PRE-ANESTHESIA CLINIC (PAC)/MEDICATIONS

You will be notified by phone if you require an appointment with the Pre-Anesthesia Clinic. Depending on your health needs and the surgery you are having, you may be asked to come in person or have a virtual/telephone interview with an anesthesiologist and/or nurse.

If you are taking prescribed medication you will receive a phone call or letter from PAC advising you which medications to stop and which medications to take the day of surgery.

If you are taking Aspirin or blood thinners you will be given further direction by the Pre-Anesthesia Clinic further directions regarding these medications.

- If prescribed oral medication must be taken the morning of surgery, you may take it with a sip of water.
- Stop all herbal medications and vitamins seven days before your surgery. If you are having Bariatric surgery, continue to take vitamins recommended to you by the Bariatric Team.
- Follow instructions from your surgeon about enemas, laxatives, or other preparations needed before surgery.

- 24 hours before surgery **it is** strongly recommend that you do not smoke, drink alcoholic beverages or take non-prescription drugs. Using substances such as alcohol, cannabis, tobacco, vapor, or non-prescription drugs can increase your risk of breathing complications during/after surgery.
- Stop all street drugs at least seven days before surgery. Interactions can be unpredictable and increase the risk of a negative outcome.
- Please bring all medications you are currently taking as well as non-prescription medications, vitamins, ointments in their original containers to the hospital the day of your surgery.

PATIENT INSTRUCTIONS

Diet

General guidelines:

- Do not eat any food after midnight the day of your surgery.
- Do **not** chew gum, suck on candies or chew tobacco after midnight before surgery.

You may have water, apple juice, black coffee and tea without milk or sugar/sweetener until four (4) hours prior to your surgery time. (For a surgery time of 7:45 am - nothing to drink after 3:45 am)

For your safety, it is important that you follow these instructions carefully. If you do not follow these instructions you could be at risk for complications during anesthesia or your surgery may be postponed or cancelled.

Personal Hygiene

- Do not wear makeup, nail polish, or gel/acrylic nails. This is important so those caring for you can observe your natural skin color changes and helps the team monitor your heart rate and oxygen levels during surgery.
- Have a bath or shower the evening before, or the morning of surgery.
- Wear loose, comfortable clothing that will be easy to put on when you are ready to go home.
- There are patients and staff with severe allergies to a variety of perfumes, colognes, aftershave, lotions, and other scents. Do NOT wear these scents on your body or on your clothes. **Victoria Hospital is a scent free facility.**

Jewelry

- *Do not wear* rings, watches, bracelets, necklaces, earrings or any body jewelry.
- You must **remove** any jewelry related to body piercing (this includes plastic inserts). For your safety, we will not take you to the operating room until all jewelry is off. Jewelry can be a source of infection and can contribute to burns if cautery (a surgical tool) is used. If you are unable to remove your ring(s) and/or body piercings and want to proceed with your operation—we recommend you see a jeweler to have it professionally removed.

What to Bring

- You are required to show your Manitoba Health card and any third party insurance (e.g. Blue Cross) upon admission.
- If you wear glasses, contact lenses, dentures, or hearing aids, bring a labelled case for their safekeeping. Contact lenses must be removed prior to your surgical procedure. Dentures are removed prior to surgery. Denture containers will be provided when needed.
- You are welcome to bring reading material or something to pass the time while waiting for your surgery.

- Please do not bring jewelry, money, credit cards or other valuables with you. Lockers are available in Day Surgery to store personal belongings. Victoria Hospital assumes no responsibility for lost or stolen items.
- If you use a Continuous Positive Airway Pressure (CPAP) machine you will need to bring it with you to the hospital.
- If you are staying overnight after surgery, please bring personal hygiene items.

Financial Considerations

- Manitoba Health covers most surgical procedures. However, procedures not required for medical reasons (such as cosmetic surgery) are not covered.
- If you have any questions about this, please contact Manitoba Health (204-786-7101) in Winnipeg or toll-free (1-800-392-1207).

Transportation

- If you are having day surgery you must have a responsible adult escort and transport you home and someone to stay with you for 24 hours after your surgery.

- General anesthesia and sedatives may cause drowsiness and temporary short-term memory loss. This can impair judgment and reaction time. Even if sedation is not part of your surgery plan, that could change. Please make arrangements for an escort and transportation home.
- **Your surgery will be cancelled if you do not have an escort and transportation home.**

Admission

- Arrive at Victoria Hospital two hours before your scheduled surgery time and report to the Admitting office. The Admitting office opens at **6:30 am**.
- You will be asked to show your health card during registration.
- Occasionally, you may be taken into the operating room early.
- If there is an emergency patient your surgery may be delayed or cancelled.
- You will be given a hospital gown to change into. You will be asked to remove all clothing, including undergarments and jewelry. These items need to be removed for sanitary and safety reasons.

ANESTHESIA

Your anesthesiologist will review the anesthesia plan with you prior to your surgery.

1) General Anesthesia

With general anesthesia, a combination of medications are administered intravenously (IV) or inhaled so you are asleep and unconscious during surgery. A breathing tube is used with general anesthesia in the operating room.

2) Regional / Local Anesthesia

This is when the anesthesiologist uses a needle to inject freezing medication similar to what the dentist uses. The freezing can either be injected into the back causing the lower body to temporarily lose all feeling (spinal) or injected next to major nerves causing individual limbs or surface area to temporarily lose all feeling.

3) Sedation

This is when the anesthesiologist gives medication through an IV. This is often done in combination with the surgeon injecting freezing into the area of the surgery. Sedation can have a wide range of effects from patients

feeling as if they are numb to having no awareness whatsoever. When sedated, patients do not usually require a breathing machine to help them breathe.

Prior to surgery, patients are encouraged to discuss with the anesthesiologist any questions or concerns they may have regarding their anesthesia.

AFTER YOUR SURGERY

- Patients receiving anesthesia will spend time in the Recovery Room following surgery.
- The length of time varies depending on the anesthesia used, your condition, and the nature of your operation.
- When you have recovered sufficiently from the anesthesia, you will be transferred back to Day Surgery to continue to be monitored until you are ready for discharge.
- If your surgery is done under local anesthesia, you will return to Day Surgery immediately after surgery.
- The nurses will assess your condition and give you instructions for care at home as well as any required prescriptions .

- If you require overnight admission following surgery, please ensure that you make arrangements to be picked up the next day at **6:00 am** unless otherwise advised.
- Your healthcare team will determine when you are ready for discharge.

PAIN MANAGEMENT

Pain that is well controlled will enable you to do exercises such as walking and breathing, which will help you to regain your strength and improve your overall recovery.

There are effective methods to help reduce pain. Not all pain can be completely relieved, however, an acceptable level of pain can be achieved. Surgical pain is typically controlled with one or more medications given by mouth or into your intravenous line. Discuss your pain control options with your healthcare team.

- You can expect that the healthcare team will ask you about your pain and try to respond to your reports of pain. Take an active role in your pain management by doing the following:

⇒ Tell your doctor or nurse if you routinely take pain medication at home.

- ⇒ Ask for pain relief when you first notice pain and tell your nurse if your pain is not adequately relieved.
- ⇒ Describe the location of your pain, what your pain feels like, and the intensity of your pain.
- ⇒ At Victoria Hospital, pain intensity is measured with a pain scale from 0–10 (0 is no pain and 10 is the worst possible pain).
- ⇒ Please don't hesitate to use your bedside call bell to call for help if needed.

INFECTION CONTROL

Protecting the spread of infections.

It is important to make sure that you feel well before coming to the hospital. If you are sick, **STAY HOME**.

Self- Screening

- A new cough or a cough that is getting worse
- A fever (above 38°C or 100°F), or chills
- Diarrhea
- Shortness of breath (worse than usual)
- Severe headache (worse than usual)
- Muscle aches
- Extreme fatigue or feeling very tired
- Vomiting (throwing up)

If you have any of these symptoms and you are having surgery soon, call your Surgeon's office right away. Your Surgeon will give you more instructions.

*If you require an interpreter,
your surgeon's office will
attempt to arrange one through
WRHA Interpreter Services.*

If you have any questions about your procedure...

Please feel free to contact....

- Your surgeons office _____
- Pre-Anesthesia Clinic (Monday-Friday)
phone: 204-477-3489



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2340 Pembina Highway

Winnipeg, Manitoba

204-269-3570

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