



Patient Information

IT IS EXPECTED THAT YOU WILL ONLY NEED TO BE IN OUR DAY SURGERY AREA FOR ABOUT 6 HOURS AND WILL GO HOME AFTER BEING SEEN BY YOUR SURGEON

What to bring into hospital

Your stay is only expected to last about 4 to 6 hours.

- Wear comfortable clothing
- Flat comfortable shoes
- Glasses or any other aids.
- Some reading material if you wish.
- Bring any relevant Xrays, Scans or other tests
- All Medicare, Health Insurance details

Pre Operative Shower

We will need you to shower just before you come into hospital. Please make sure you use clean soap, a clean wash cloth and a clean towel. It is important that after your shower you dress in clean clothes.

After your shower, please do not apply any deodorant, powder, perfume, body lotions, after shave or make up.

Please remove any nail polish, jewellery or piercings.

Smoking

It is advisable not to smoke for at least 24 hours prior to surgery. Smoking is not permitted within the hospital.

Preadmission

Once your Surgery has been arranged with your Doctor you will be asked to bring your blue Admission Form into the Hospital as soon as possible. Please also complete your Patient Health Assessment Form at this time.

It is important to notify your Doctor and/ or the Admission nurse if you are still taking Aspirin, Anti inflammatory or any medications containing Steroids.

The Hospital staff will arrange for you to receive a telephone call from one of our Pre Operative Clinic staff between 12 midday and 2pm on the day before your procedure to ensure that you have all of the information you need for your stay in our Day Surgery area. This includes your admission time, what time to stop eating and drinking as well as clarifying any questions you may have about your stay.

You will also be advised about any costs or charges that you may have during your stay. These can be paid on the day in St. Josephs. These are usually in conjunction with the level of cover that you have with your Health fund.

Where to go on the day of admission

There is no need for you to stop at the main reception desk.

St. Joseph's Day Surgery Area is located on the second level.

Please enter the main door of the Hospital, walk through the Foyer and take a Lift to the second level.

Once you leave the lift the Day Surgery Area is easily located to the right of the lifts.

Our staff will take you into our Pre Operative area where you will have your blood pressure, temperature and weight checked. There will also be time to review your Patient Health Assessment Form and answer any questions you may have.

You will be seen by an Anaesthetist, who will ask you further questions about your health and will explain about the type of anaesthetic which best suits you.

Your operative site may then be shaved using special clippers This does not always happen, it depends on your type of surgery.

You will then dress into our theatre gown and paper pants. Your clothes etc will be placed into a locker, the key stays with you.

If your Anaesthetist has decided it is necessary, you will be given a Premedication by mouth. This may make you drowsy and dry your mouth out a little.

Following your procedure

You will be taken from the Operating Theatre into a recovery room on a trolley. The nursing staff will monitor your condition until you are recovered.

If you have an IV (Drip), this will be taken out after you have recovered.

If you have had a >Regional= Anaesthetic, please remember that you will be numb for a few hours after your operation in that area.

When the Doctors and the nurses are satisfied that you have fully recovered from your procedure you will be taken to a comfortable lounge area where you will be offered some light refreshment.

In this area the nursing staff will assist you to be ready for home by giving you any information that you need.

Your Surgeon will also see you in this area before you can be discharged home.

If you require any drugs to take home, we can either get the script filled at our pharmacy or you can take the script home and get it filled. These drugs are not included in your hospital fee, so you will have to pay for these.

DISCHARGE INFORMATION

You will need a responsible person to drive you home and to care for you for the next 24 hours. You will be given instructions on how to care for your wound (if applicable) in the next few days.

SPECIFIC INFORMATION

What to expect

You may have some pain. This will be relieved by the medication your Doctor has suggested you take.

If you have a wound, this will have a dressing in place and you will be told how to care for this.

What you can do

Take your pain medication as ordered. Follow all post operative instructions given to you before you leave the Hospital.

What to avoid

Any strenuous activity until you have seen your Doctor.

When to notify your doctor

If your pain is not controlled by your tablets. If you feel generally unwell, hot or feverish.

Please use the following section to write down what our staff tell you during this phone call.

DATE AND TIME OF ADMISSION

FASTING TIMES:

FOOD: _____

FLUIDS: _____

QUESTIONS THAT YOU HAVE?

OTHER SPECIAL INSTRUCTIONS

MEDICATIONS

Are you to take your usual medication?

Yes

No