

Pre-operative Patient Information Booklet

Welcome to Affinity Women`s Health!

This patient information booklet is designed to guide you through your preparation for surgery at Burnaby Hospital. Please read this booklet and bring it with you to your pre-surgical clinic appointment. If you have any questions or concerns, please let your nurse know when you arrive at the hospital. For more information regarding your surgical procedure, please talk with your physician.

Additional information is available on our website:

www.affinitywomenshealth.ca

Preparing for Your Surgery

Patient Name:

Surgeon:

Date of surgery:

Time of surgery:

Time to arrive at Hospital:

PREOPERATIVE PREPARATION

TESTS

- Your surgeon's office will advise you of what blood work and tests are required before your operation.
- If you are not required to attend the pre-surgical admission clinic you must arrange to have your blood work and EKG completed at a community lab.
- Testing must be completed seven to twenty-eight days prior to the operation.
- Please make sure you tell the lab the hospital, date, and time of your surgery.

SMOKING / ALCOHOL

- Plan ahead to stop smoking. Smoking makes it more difficult for you to heal. Your doctor may choose not to do surgery if you smoke. At the very minimum you should not smoke for eight hours prior to your surgery. Your doctor can inform you of available supports to make quitting easier.
- It is important that you provide the staff with an accurate description of your alcohol intake prior to the surgery so your medications can be adjusted appropriately. It is best to try to cut down or limit your alcohol intake during the days prior to your surgery as significant alcohol consumption can affect your postoperative recovery.

EATING AND DRINKING BEFORE SURGERY

You may eat and drink until midnight the day before your operation. You must not eat anything after midnight (unless your surgeon or the pre-operative clinic has advised you otherwise). No gum. No candy. Failure to comply with these rules will result in CANCELLATION of your surgery.

MEDICATIONS

- Review all your home medications with the surgeon and/or anesthesiologist prior to your operation. The doctor will clarify which medications you should and should not take on the evening before and morning of your surgery. If you are instructed to take home medications, please do so with a sip of water. If you are uncertain which medications to take please contact the hospital's preadmission clinic at (519) 749 4300 ext. 2123 for clarification. The clinic is open between the hours of 08:00 to 17:00 .
- If you are diabetic, do not take your diabetic medications unless your surgeon instructs you to. Bring your insulin or diabetic pills to the hospital with you.
- If you take a diuretic ("water" or "fluid" pill) do not take it on the morning of surgery.
- Do not take herbal medications for three weeks prior to surgery.

INFECTION PREVENTION

Frequent and thorough handwashing is the single most effective way to prevent the spread of illness. Wash or sanitize your hands often and encourage your visitors to do the same.

Ask your caregivers if they have washed their hands before contact with you.

- Wash your hands before:
 - Eating; and
 - Leaving your hospital room.
- And after:
 - Using the toilet;
 - Blowing your nose, coughing and sneezing; and
 - Whenever your hands are dirty.

Do not remove hair from the area in and around the area of your body where the surgery will take place for one week before your surgery. Removing hair can damage the skin, which may increase your risk of infection.

Remove **all** dirt and lint from your bellybutton using a Q-Tip and soap.

Showering or bathing with an antibacterial soap the evening before and morning prior to your surgery is recommended. Antibacterial soap can be purchased at most retail stores.

PATIENT IDENTIFICATION

One of the most common errors is mistaken identity. Here are some ways you can help to prevent some 'wrong person' mistakes:

- When you register to receive healthcare, be sure that all your identifying information is recorded correctly. Check that all your names are spelled correctly and that your date of birth is accurate;
- Always identify yourself, using your full name, before you accept any medication or before any health-related procedure. Your family members can help with this if for any reason you can't do it yourself;
- Check your wristband to make sure that all the information on it is correct. Expect healthcare providers to check the wristband before you receive a medication or undergo a procedure; and
- Be familiar with the names of your medications, how you take them and why you take them. Confirm that the medication you are receiving is meant for you.
- If the medication you are being given does not seem to be correct, ask questions or raise your concerns. You should expect to have your questions answered and your concerns addressed.

JEWELLERY / MAKEUP / PIERCINGS

- You must remove all jewellery and piercings prior to your surgery. Failure to do so may result in your procedure being cancelled. This includes any body ornaments such as religious or cultural items, barbells, captive bead rings, tongue rings, etc. If you are unable to remove your

jewellery you must go to a jeweller and have it removed prior to your surgery.

- Wearing body jewellery could result in:
 - Burns from surgical equipment;
 - Risk of constriction around fingers and toes impairing circulation;
 - Risk of swallowing and suffocation;
 - Loss of jewellery and precious stones; and/or
 - Wound infections and contamination.
- Please remove nail polish, makeup and false nails prior to surgery.

VALUABLES

Please leave jewellery, money, valuables and credit cards at home. Place your name on all your belongings including denture cups and hearing aid containers.

SPECIAL INSTRUCTIONS

If you have prepared a document naming someone to speak on your behalf should you be unable to do so, or have a living will or an advance directive, please inform a member of your health care team on your admission to the hospital.

NOTE: If your first language is not English and you require an interpreter, please arrange to have one accompany you to the hospital and remain with you throughout the admission process.

PRE-SURGICAL CLINIC APPOINTMENT

If you require an appointment in the pre-surgical clinic our office will arrange this. Please check with our OR booking staff if you will need an appointment with the pre-surgical clinic.

The clinic visit will occur from three to twenty-eight days prior to your surgery. Please wear loose fitting clothing and socks rather than pantyhose. Please do NOT wear body lotion or perfume. Expect to spend from one to three hours at the clinic.

When you arrive at the hospital for your pre-surgical clinic appointment, you must register with patient registration located on the second floor of the hospital. After registering, you will be directed to the pre-surgical clinic.

DURING THE VISIT:

You will be asked to provide information about your general health and a history of your medical problem. The nurse will record your blood pressure, pulse, respirations, height, weight, and check the oxygen level of your blood. You may meet an anesthesiologist during your pre-surgical visit to discuss your anesthetic and available options for pain control. If you are currently taking medication for diabetes, blood thinners (anticoagulants) or anti-inflammatory medications, the doctor/nurse will develop a plan for you to follow prior to your operation.

During your pre-surgical visit, arrangements may be made for you to see other health professionals such as an internal medicine specialist.

Please bring the following with you to the pre-surgical clinic:

- Health Card and Photo ID
- All medications in their original containers including prescriptions, over the-counter medications, and herbal medications;
- Supplementary insurance group and policy numbers; and copy of your living will or advanced directives if previously completed.

Notes:

On the day of surgery please bring with you:

- Health Card and Photo ID
- All medications in the original containers including all prescriptions, over the-counter and herbal medications that you take on a regular basis;
- Copy of your living will or advanced directives if previously completed; and
- Please leave your belongings in your vehicle on the day of surgery and have a family member deliver them to you post-operatively in your hospital room.

NO PRE-SURGICAL CLINIC REQUIRED:

If you do not need to visit the pre-surgical clinic:

You may receive a phone call from the hospital to confirm your surgery and provide you with information related to your surgery;

If you require blood work or testing; these must be completed at an outside lab (your doctor will tell you this). Please provide the lab with the hospital name and date of surgery so that your results will be available; and

On arrival to the hospital on the day of your surgery, you must report to patient registration located on the third floor of the hospital. After registering, you will be directed to the surgical admissions area.

On the day of surgery please bring your health card and a photo ID.

ALL PATIENTS: DAY OF SURGERY

Please arrive at the hospital two hours before your scheduled surgery unless otherwise instructed by your physician. If you need directions, please ask at the information desk at the main entrance.

Adults should have only one family member with them on the day of surgery. If you are being discharged to home the same day of surgery, you **MUST** have someone to accompany you home and to stay with you overnight or your surgery will be cancelled. This is for your own safety. You will have access to a phone to call for the ride you pre-arranged.

Do not wear tampons during the surgery for risk of toxic shock syndrome. If you have your menstrual period, please let the nurse know prior to the operation and she will provide an alternative product.

Contact Person: It is very important that you select one responsible family member or close friend to be your information contact person. Our staff will not release information over the phone.

Visitors / Parking: Please check with your nurse regarding visiting hours for your ward. Out of respect for other patients and nursing staff, visitors are restricted to two per bedside at any given time.

Parking is available in the parking garage or in front of the hospital.

POST OPERATIVE CARE / LENGTH OF STAY

The number of days that you will be in hospital varies based on the type of surgery you have. Personal considerations such as your age, medical history, and home environment can impact how soon you are discharged from the hospital. Your nurse will discuss the postoperative care plan for your surgery, outline what to expect during the recovery period and answer any questions you may have concerning the operation or your hospital stay.

PAIN CONTROL

Regular and timely use of pain medications will allow you to participate in your care and improve your recovery. If you feel uncomfortable, please tell a member of your health care team.

You may be given medications by needle, pill, suppository, or using a patient-controlled pump (PCA).

PCA PUMP: PCA pumps allow you to control pain medication using a button attached to an infusion pump. When you press the button a small amount of medication will be delivered through your intravenous line. Your pump will be programmed so that only a limited amount of medication can be delivered each hour.

Pain medications should be taken at *regular intervals* following your surgery. As your recovery progresses, you can begin lengthening the amount of time between your

medications. Let your nurse know if you are unable to maintain good pain control.

Alternative Methods of Pain Control:

1. Cold Packs: Do not use cold packs over areas with poor circulation; Cover the cold pack with a towel, do not place ice directly on your skin; and Apply the cold pack to the pain area for ten to twenty minutes and then remove for the same period of time.
2. Elevation of affected area;
3. Distraction (TV, reading, music); and
4. Relaxation.

POST OPERATIVE EXERCISES

DEEP BREATHING

Deep breathing helps to expand the lungs and should be repeated four to five times every hour, while awake, until you are more active.

- Place your hands on the abdomen.
- Allow your abdomen to swell up under your hands as you breathe in deeply through your nose;
- hold the breath for one to two seconds;
- and breathe out completely through your mouth as if gently blowing out a candle.

COUGHING

Coughing helps remove excess mucous from the lungs.

- If you have an incision in your abdomen, support it with your hands or a pillow; or
- If you have excess mucous, you should give one strong cough after each deep breathing session.

LEG EXERCISES

Leg exercises are necessary to promote blood circulation in the legs. Repeat this set of exercises four to five times every half hour, while awake, until you are allowed out of bed.

- Flex your knees;
- Extend your legs until they are straight;
- Wiggle your toes and bend your feet up and down;
- Circle your ankles to the right and to the left.

DISCHARGE INFORMATION

DAY SURGERY

You must arrange for a ride home from the hospital and have a responsible adult stay with you overnight following the surgery. Your nurse will let you know at the time of admission when your ride should be available to take you home.

HOSPITAL PATIENTS

Your physician will tell you approximately how many days you will be in hospital after your operation. There are times when your recovery will proceed more quickly than expected and you may be discharged home sooner than expected. Your healthcare team will let you know of any plans for early discharge so that you can make any necessary arrangements.

On the morning of your discharge, we request that you have someone arrive on the unit to pick you up shortly after your breakfast (before 10 am). We need to prepare your room for the next patient. If your ride is delayed, we may have to ask you to wait in a chair for your ride home.

RECOVERY AT HOME

Please consider the following when you return home:

- Arrange for any child care needs in advance of your discharge;
- You may have lifting or activity restrictions;
- You will need additional rest at home;
- It is not unusual to be sent home with stitches, staples or drains in place. The nurse will tell you where and when these will be removed; and
- You may experience some pain after discharge and be given a prescription for pain medication.

PAIN MANAGEMENT:

With any type of surgical procedure there is a possibility of post-operative pain. There are many benefits to keeping your pain under control, which include being able to move easier, breathe deeper, and cough more effectively. All of these things are essential to your recovery because they can prevent complications such as pneumonia, blood clots, and psychological stress.

Your physician may select one or more types of oral medications to help control your pain. Usually a narcotic pain medication (**Tylenol #3**) and an anti-inflammatory like **Voltaren/Diclofenac** are prescribed to manage your pain.

It is recommended that you use the narcotic pain medication for moderate to severe pain as directed by the physician. For break-through pain, it is recommended that you use ibuprofen

between your doses of narcotic pain medication to manage pain effectively. If you have mild to moderate pain, ibuprofen alone may be enough to manage your pain.

If you are in pain, do not hesitate to use your pain medication. Keep in mind that narcotic pain medication is constipating so follow the directions for bowel management as listed below. Please call the office if your pain does not improve or worsens after taking your pain medication.

INCISION CARE:

The incision (vaginal area included) may be washed with soap and water. After showering or washing gently, pat the incision dry with a clean towel. A dressing is not usually necessary, but may be desirable to protect your clothing, as there may be a fluid or bloody drainage. You may have vaginal discharge and bleeding that can last until your stitches are dissolved, about six weeks. Your bleeding should decrease after several days. If you have had an abdominal incision, steri-strips may have been placed over the incision. Sometimes steri-strips become loose or fall off. This is normal and you do not need to replace them if they fall off. Stitches do not need to be removed; they will dissolve in about six weeks. If skin clips were used, they should be removed 5-7 days after surgery with your GP/walk in clinic or with your surgeon. Itching, bruising, a pulling sensation, and or numbness around the incision is normal. If your incision becomes hot, red, swollen, or persistently painful, please contact your doctor.

BOWELS:

It is especially important after surgery to maintain good bowel habits, as constipation requiring strong bearing down efforts may cause a problem with your stitches. Drinking plenty of water, walking, and increasing fiber in your diet or with fiber supplements (i.e. Metamucil) are helpful. If constipated, you may try Milk of Magnesia or Dulcolax.

VAGINAL BLEEDING AND DISCHARGE:

Initially you may have slight vaginal bleeding, which is usually followed by a dark brown discharge. This may last up to four to six weeks after vaginal surgery. The bleeding should not be heavier than a normal period. Use sanitary pads only; tampons are not permitted. A vaginal discharge with a foul odor may occur after your surgery. This is common and will take several weeks to subside. Your doctor may request that you apply estrogen cream in your vagina (one gram two nights per week) starting a few weeks after surgery. Please call the office if you are saturating a pad every hour. Urinary incontinence can occur post-operatively even if you did not have a problem with leaking prior to surgery. This is normal post-operatively due to inflammation. It will improve as the inflammation decreases.

PREVENTION

Healthy habits you adopt as part of your recovery are also great ways to help prevent further problems with your health. Maintain that positive outlook on life through exercise, eating well, and getting plenty of rest.

IMPORTANT REMINDERS:

- Notify your surgeon before surgery if you develop a cold or an infection;
- Leave all valuables – including money, credit cards, and jewellery at home;
- Remove all nail polish and makeup before coming to hospital;
- Shower or bathe the evening before or morning of your operation
- If your operation requires an overnight stay in hospital, please bring your medication(s) to the hospital in their original containers.

Contact Numbers:

Burnaby General Hospital: 604.434.4211

3935 Kincaid St Burnaby, BC V5G 2X6, Canada

Pre-Admission Clinic: 604.419.1414

First Floor, Burnaby Hospital

Optimization Clinic: 604.412.6335

First Floor, Burnaby Hospital

BGH Caseroom / Birthing Suite: 604.412.6293

Fourth Floor, Burnaby Hospital