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This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

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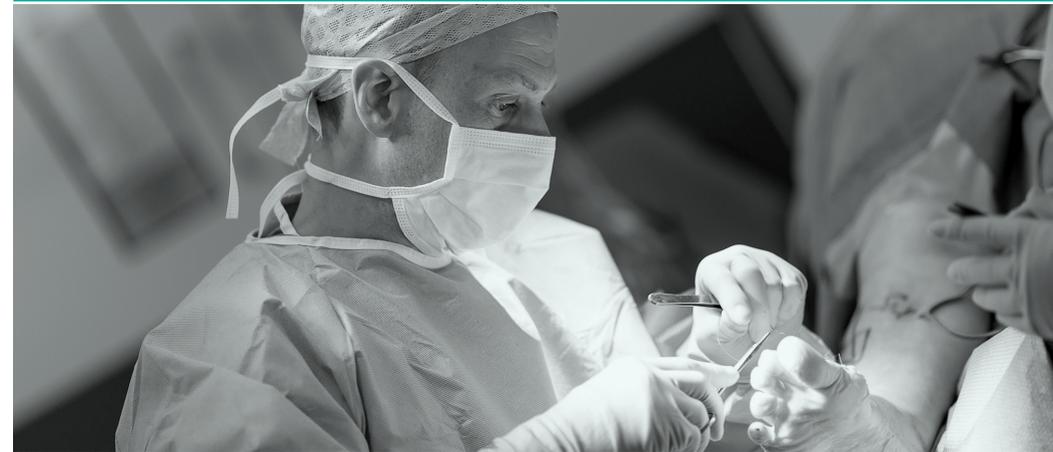
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Information for patients Day Case Surgery



Baschurch Unit



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The operation you are having will be done as a day case. This means you will not need to stay the night in hospital after your operation.

What you need to do:

- Please make sure someone can collect you from the hospital after your operation.
- Please arrange for an adult to keep an eye on you overnight when you return home.
- Please take all your usual medication on the day of surgery, unless you have been told not to by the pharmacist or nurse practitioner at the preoperative assessment clinic.
- Please bring all your usual medication (excluding controlled drugs) to hospital with you, so it is available for you to take if required.
- Bring a small holdall to store all of your belongings, but leave valuables at home.

It would be helpful if you could:

- **KEEP THINGS TO A MINIMUM. WE DO NOT HAVE THE SPACE OR FACILITIES TO STORE ITEMS THAT AREN'T REQUIRED ON THE DAY OF YOUR SURGERY.**
- Bring your own slippers with you, to wear once you have changed into your theatre gown.
- Have a bath or shower before coming to hospital.
- Wear loose comfortable clothing on the day of surgery so it can fit over dressings & bandages.
- Wear comfortable lace up shoes or trainers to help you walk safely when using crutches.

You may find it useful to:

- Buy pain killers so they are ready at home for you after your operation, such as paracetamol and ibuprofen (if you are able to take these types of tablets).
- Stock up your freezer so you do not have to worry about preparing hot meals. If you are having shoulder, arm or hand surgery, stews, soups and cottage pie are easier to eat if you only have the use of one arm or hand.
- Bring a book/magazine and/or your mobile phone.

Consider how you will look after yourself at home. Having surgery to your arm or leg will affect your daily living for a short time. If you live on your own, could relatives or neighbours help?

How to control your pain after surgery:

- You will be given strong pain killers before you leave the hospital, if needed, and an information leaflet on these painkillers.
- At RJAH we have tried to work out which are the best painkillers for you after your operation, so we advise you to take all the painkillers that are offered, as advised by the nurse.
- You may have a nerve block as part of your anaesthetic, to help with pain after surgery. Start taking regular pain killers before the numbness wears off completely.

Physiotherapy

Depending on the type of operation you are having you may see a physiotherapist before you go home, who will give you advice on recovery and exercises after surgery.

Equipment

If you have been advised that you will need special equipment at home after your operation, please arrange this before you come into hospital, so it is available when you arrive back home after surgery.

Some organisations, such as the Red Cross, are able to lend you equipment, for example wheelchairs.

Important information regarding waiting times

We understand that waiting can be frustrating, please be aware of the following:

- Your surgeon requires all patients to arrive for the start of the list so they can be seen by a member of the surgical team before the Safety brief for the operating list.
- Having all patients in at the start of the list means that if, for any reason an operation cannot go ahead then another patient is available.
- Staggering admissions times would require the surgeon to come away from theatre causing delays which can lead to patients then being cancelled at the end of the day due to lack of time.

We appreciate your patience and understanding as we work to provide the best care for all our patients.

Contact

If you have any questions, please phone our Day Surgery Unit, Baschurch Ward on **01691 404048**