

Welcome to the Day Surgery Unit

Tel: 01271 322455

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is the Day Surgery Unit?

The Day Surgery Unit is made up of operating theatres and recovery wards for carrying out various operations on a day basis. This means most patients are admitted, treated and discharged on the same day.

Male and female patients are separated in single rooms or four/six bedded bays. Due to limited space, relatives and friends may wait in the Day Surgery waiting area but will not be able to stay on the ward.

The Unit is equipped and staffed to the highest standard to ensure that treatment and care is provided efficiently and safely.

Arrangements

If you have a general anaesthetic, you will not be able to drive or operate machinery for at least 24 hours after your operation. Please arrange for someone to –

- Take you home after the operation. Do not use public transport. Please ask the person who will be taking you home to telephone the Day Surgery Unit to find out what time you will be ready to leave.
- Stay with you for at least 24 hours after you get home. Make sure you have a supply of mild painkillers, such as Aspirin, Paracetamol or Ibuprofen, in case you need them after your operation.

Smoking

You can reduce the risk of chest problems after your operation if you stop smoking for at least 48 hours before you come to the unit.

Smoking is not allowed while you are in the hospital.

Eating and drinking

Unless advised otherwise, if you are having –

- **a morning operation**, you must not eat after midnight but may have one small glass of either squash, water, black tea or coffee (no milk) up until 6.30am.
- **an afternoon operation**, you may have a light breakfast before 7.30am and one small glass of either squash, water, black tea or coffee (no milk) up until 11.30am.

Drugs

The pre-assessment nurse will advise you about taking prescribed medicines on the day of your operation. If you have any queries about your medication, please ring the Day Surgery Unit.

If you are diabetic and have any queries about your medication, please contact the Diabetic Liaison Nurse on 01271 322726.

What to bring

- Any drugs or medicines you are taking
- Any inhalers normally used
- Slippers and dressing gown
- Something to read

Please do not bring in any kind of valuables, eg jewellery, credit card. Money is not required other than for the phone. Please note that the Trust will not accept responsibility for personal property brought into hospital unless it is handed over for safe custody and an official receipt obtained.

What will happen on the day?

At home, on the day of your operation, please have a bath or shower. You do not need to shave the operating area.

It is important for you to arrive on time, so you can see the medical team responsible for your care. Please allow time for parking. Unfortunately we will not be able to give you exact time for your procedure. **Please be prepared to be on the unit for most of the day.**

Information about your operation

The consultant or a doctor from his/her team will see you and explain what is going to happen. The anaesthetist will also come to see you before the operation and decide which type of anaesthetic to give you. This will depend on your state of health and which operation you are having. As you will be going home the same day, we will choose an anaesthetic that you will recover from quickly with as few after effects as possible.

You will be asked to sign a form giving consent to the operation and anaesthetic. Please read this form carefully. If you have any questions or if there is anything you do not understand, please ask the doctor.

Getting ready for the operation

After undressing, you will be asked to put on a theatre gown. Your nurse will check you have removed your contact lenses, if you wear them. Makeup, lipstick and nail polish must be removed. This allows the anaesthetist to see the colour of your skin during the operation, to make sure you are getting enough oxygen.

Jewellery including body piercing must also be removed. This is partly to prevent infection and partly because metal objects can cause skin burns. If you have any valuables, please give them to the nurse for safekeeping and obtain an official receipt. You may keep your wedding ring on if you wear one, but your nurse will make sure it is safely covered with a special plaster.

Your nurse will then take you to the anaesthetic room. At this point we will remove false teeth if you wear them.

After your operation

After your operation, a specially trained nurse will care for you until you are awake and your condition is stable.

While you are waking up, you may be given oxygen to breath through a clear plastic mask. You may feel drowsy at first and your throat may be a little dry, like a mild sore throat. If these feelings continue, your nurse will give you something to help. We can also give you pain relieving drugs, if you need them.

Your nurse will take your pulse and blood pressure regularly, watch your breathing and give any care the medical team has recommended.

When you are fully recovered from the anaesthetic, you will usually be offered a drink and something to eat such as toast or biscuits. Following some procedures, however, you are not allowed to eat or drink until after you get home. Your nurse will tell you if this is the case.

Going home

We will give you advice on what to do and expect over the next few days.

If you need medication to take home, we normally get this for you from the hospital pharmacy. You will receive an invoice through the post for the prescription charges unless you are exempt from payment.

Arrangements will be made for any follow-up treatment you may need.

If you have any pain or discomfort, please tell the nurse before you go home

When you get home

- You may feel tired when you get home. Rest for the remainder of the day and have a quiet day the day after.
- You may eat and drink normally, although fluids may be all you feel like at first.
- Do not operate machinery of any kind or do anything requiring co-ordination or judgement, eg driving a car or motorcycle, riding a bicycle or operating kitchen appliances, for at least 24 hours after your anaesthetic.
- Do not bath or shower for 24 hours.
- In the interests of safety, do not lock the bathroom or toilet door.
- Unless told otherwise, you may take your own medication as before.
- **Do not drink alcohol or take sleeping tablets for at least 24 hours.**

If pain prevents you from sleeping, a mild painkiller may help. We will advise you on what kind of painkillers to take before you leave hospital.

If you have a severe pain, bleeding or any other problems, contact your GP or, within the first 24 hours, you may return to the Accident & Emergency Department.

Your views on our service

Our staff welcome and value your comments and suggestions for improvement, so please complete the Friends and Family Test card before you leave this hospital.

If you are dissatisfied with any aspect of your care, please tell a nurse or doctor. The sooner we know, the sooner we can try to help. If you prefer, you can speak to the unit manager.

Information on the Trust's complaint procedure is also available on the Unit.

Further information

If you are worried or nervous about your visit to the Day Surgery Unit, please feel free to ring us on 01271 322455. Our nurses will be pleased to talk to you and help in any way they can.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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This leaflet was designed by the Communications Department.
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