

## Patient information leaflet

### Department of Surgical Care Whiston Hospital, Warrington Road, Prescott L35 5DR

## Information for Patients undergoing Day Case Surgery

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Your Consultant has recommended that you have planned surgery for your condition. The type of Surgery you require is usually performed as a Day Case, which means that you will be discharged the same day as your operation. Your Consultant will discuss details of your Surgery and recovery at your Outpatients appointment and again on the day of Surgery. Additional information leaflets will also be provided which will be specific to your operation.

### Pre Op

You will attend a Pre Op/Health Check appointment prior to your operation where the staff will ensure your fitness for surgery. If there are any concerns they may suggest you stay in hospital overnight. They will perform routine checks, such as blood pressure, blood tests, swabs and an ECG if required. As you are scheduled for Day Case surgery the staff at Pre Op will check your discharge arrangements, so please ensure you have an appropriate adult to pick you up from hospital and stay with you for 24 hours after your operation.

### Preparing for Surgery

- Please ensure that you follow the fasting information provided by the Admissions Department, any failure to do so may result in your operation being cancelled. Continue to take any regular medication, unless specified otherwise, and if you are Diabetic or taking anti-coagulants (blood thinning medication) you will receive additional information regarding these.
- Please refrain from bringing valuables/large amounts of money and excessive bags into hospital for your Day Case Surgery. The Hospital cannot be held responsible for patient's possessions, and there is very limited space in the waiting areas.
- Most patients attending the ward for Day Case surgery are able to walk to theatre on the day of surgery with a Theatre Escort (member of staff). Please ensure that you bring appropriate footwear (slippers) and a dressing gown, as the hospital does not provide these. There is no need to bring a set of nightclothes as we require you to wear a theatre gown, and you will be able to get up and dressed fairly soon after surgery (within a couple of hours).
- When you arrive for Surgery, a nurse will admit you to the ward and again check with you regarding your discharge arrangements. It is very important that as you are expected to go home the same day, **you have arranged transport or have money to pay for a taxi (staff can ring you a taxi to pick you up at the main reception)**, and an appropriate adult to stay with you for 24 hours following surgery. If there are any problems, please tell your Pre Op

Nurse during the appointment or a member of staff on the day of your operation.

- You will be seen by the surgeon and anaesthetist on the day of surgery, and will be taken to theatre by a member of staff. If you require a sick note please ask the Surgeon at this point.

### **Recovering from Day Case Surgery**

- You will be taken from theatre into the Recovery area, where a nurse will care for you until you are safe to go back to the ward (not too sleepy and fairly pain free).
- The Anaesthetist will have given you adequate painkillers and anti-sickness medication during surgery to ensure that you are comfortable post op.
- Once back on the ward, the staff will measure your blood pressure, temperature, pulse and oxygen levels frequently after your operation.
- You will be offered food and drink fairly soon after your return to the ward, providing you are not too sleepy and do not feel sick.
- The staff will encourage you to sit out of bed and walk around your bed area (if appropriate) as soon as possible, to aid your recovery process.
- Additional pain relief will be offered to ensure you remain comfortable, however depending on the nature of your operation, some pain on discharge is expected.

### **Going home following Day Case Surgery**

- It is not routine for the Surgeons to see their patients following Day Case Surgery (depending on the surgeon and operation you have had done), therefore a nurse will be able to assess you for discharge (they will have been given clear instructions from the Surgeon).
- The nurse will assess you to check you are not still drowsy, you are tolerating diet and fluids, you are not vomiting or suffering from excessive nausea, you have passed urine, and if you have a wound that there is no excessive bleeding.
- Once the nurse is happy they will deem you safe for discharge. This varies for each person depending on the nature of surgery, but is usually about 3-6 hours following an operation.
- If you require any medication to go home with the nurses will try to ensure that it is ready for you, however if it is not ready, you will be transferred to the Discharge Lounge to wait for your medication before you go home. This is to ensure that there are beds available for other patients requiring surgery that day.

### **Discharge Advice following Day Case Surgery**

- If you have a wound and/or stitches or staples that need removing, your discharging nurse will refer you to the Treatment Room in the Community. If you are bedbound/restricted mobility or have had breast surgery, you will be referred to the District Nurses.
- You will be given discharge advice specific to the operation that you have had.
- You will be given a copy of your discharge letter for yourself and your GP. If this is not completed then it will be posted out.

- If you require a follow up appointment, this will be sent to you in the post. The discharging nurse will be able to tell you if you need one.
- You will be able to contact your appropriate adult to come and collect you from the ward, and will be able to go home.

### **Emergency Contacts following Day Case Surgery**

If you get home and become very unwell following your Day Case Surgery, please seek urgent medical attention by attending the Accident & Emergency Department.

We have a dedicated telephone number for patients who have had Day Case Surgery at Whiston to ring if they need urgent advice from a nurse in the first 24 hours following Surgery (please be aware that if you are advised to come back into hospital it will be via A&E) **0151 430 1624**.

If you require assistance after 24 hours, please contact your GP/Treatment Room/District Nurse.

Any other questions please do not hesitate to contact us:

Switchboard 0151 426 1600

Ward 4A 0151 430 1420

Ward 4B 0151 430 1440

Ward 4C 0151 430 1441

Sanderson Suite 01744 646 098 (Mon-Fri)

This leaflet can be made available in alternative languages/formats on request.

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