

SURGERY AT PRHC

Passport to Recovery

Welcome to Peterborough Regional Health Centre

This booklet will help you on your path to recovery following surgery. Please read it, and bring it with you to all appointments, including your scheduled surgery date.

This book belongs to:



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PATIENT RESOURCES

SURGERY AT PRHC **WELCOME**

This booklet was created by the Surgical team at Peterborough Regional Health Centre (PRHC). We are a team of specialists that includes surgeons, anesthesiologists and nurses, working together to provide you with the best care possible.

This booklet is provided to help you know and understand what is going to happen before, during, and after your surgery.

The information in this booklet is for educational purposes only, and is not intended to replace the advice of your surgeon. Please contact your surgeon if you have specific questions about your care.

Please read this booklet carefully and share this information with your family. We ask that you also bring this booklet to all of your appointments, take notes on any of these pages, and ask questions about anything you do not understand.

ACKNOWLEDGMENTS

We would like to acknowledge everyone who reviewed the content for this publication.

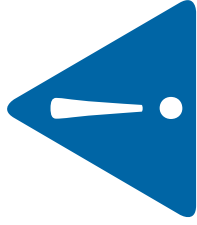
The Department of Surgical Services at PRHC
www.prhc.on.ca/cms/surgery

Patient & Visitor Handbook
www.prhc.on.ca/cms/visitors

Patient Relations
705-743-2121 x. 3674

FHT to Quit Program
www.peterboroughfht.com
705-740-8020 x. 335

WHEN TO CALL YOUR SURGEON



Call your surgeon or go to the nearest emergency department (ED) if you have any of the following symptoms:

A fever (temperature greater than 38 °C or 100 °F) and chills.

Bleeding or other drainage that requires you to change the dressing more frequently than suggested.

Increased redness or swelling at the surgery site.

Foul smelling drainage.

Shortness of breath or cough that wasn't present before surgery.

Feeling faint or dizzy.

Leg tenderness.

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COMMON CONCERNS

PAIN

While recovering from your surgery some acute pain is to be expected as part of your healing. The goal for pain management is to use the right medication to control your pain and help you recover, while not placing you at risk of serious and/or dangerous side effects. Opioids (strong pain pills) are to be used to improve your pain so that you are able to do your day to day activities, but not decrease your pain to zero. If opioids are prescribed to you after surgery they should only be used if alternative forms of pain control (over-the-counter medications, rest, ice etc.) are not enough. Some people are more sensitive to the side effects of opioids and may need a lower starting dose. Some side effects of opioids are: constipation, nausea, dry mouth, itchiness, sweating and dizziness. Do not drink alcohol or drive when taking strong pain pills.

BRUISING

After surgery, bruising around the surgery site is normal and will gradually disappear over time.

DRESSINGS

Your incision may be covered or it may be left open to the air; your surgeon will decide what dressings are appropriate.

FATIGUE

It is normal to feel tired after surgery. It is important to remain active, but nap when you need to, and do not plan to do too much.

BATHING/SHOWERING

You can bathe/shower after 48 hours and pat the incision dry (unless otherwise instructed by your surgeon).

PATIENT NAME: _____

SURGEON NAME: _____

SURGEON PHONE: _____

TYPE OF SURGERY: _____

PRE-OPERATIVE CLINIC (BEFORE SURGERY)

DATE: _____ TIME: _____

Please go to Admitting on Level 4 before proceeding to your appointment in Surgery & Outpatient Procedures (SOP) on Level 5.

Please note: Not all patients need to be seen in the Pre-Operative (Pre-Op) Clinic. Some patients may receive a phone call to review pre-op information.

PRE-OP TESTS (BEFORE SURGERY)

Blood work (PRHC Lab, Level 5)

Other: _____

If you have questions or you need to reschedule your Pre-Op Clinic appointment, please contact us at 705-743-2121 x. 5144.

SURGERY DAY

DATE: _____ TIME: _____

Please go to Admitting on Level 4 before proceeding to your appointment in Surgery & Outpatient Procedures (SOP) on Level 5.

If you are sick or need to cancel your surgery, please call your surgeon's office. Please provide at least three (3) working days notice if possible.

POST-SURGERY ACTIVITY

Medication instructions

Please bring all of your prescription, over-the-counter and herbal medications in their original containers to this appointment. It is important for your healthcare team to know about any medications you are taking before your surgery.

Don't forget:

- Eye or ear drops
- Inhalers or nasal sprays
- Medicated patches or creams
- Injectable medications (like insulin)
- Medication samples from your doctor
- Any medications you have recently stopped

Medications on the day of procedure

Medications to take on the day of your procedure are listed below. These may be taken with a small sip of water.

EXERCISES AFTER SURGERY

Try doing the following exercises every hour while awake:

Deep breathing

Breathe in slowly and deeply through your nose, then exhale slowly through your mouth with your lips pursed. Repeat five (5) times.

Splinted cough

Hold a pillow tightly against your tummy and cough twice in a row.

Ankle pumps

Lying on your back or sitting in a chair, bend your feet up and down at the ankles. Repeat 10 times.

Additional exercises, depending on type of surgery:

Static quads

Lying on your back with your legs straight, pull your toes up and push the back of your knee down firmly against the bed. Hold for five (5) seconds and relax. Repeat 10 times.

Static glutes

Lying on your back with your legs straight, tighten your buttock (gluteal) muscles by squeezing them together as hard as you can. Hold for five (5) seconds and relax. Repeat 10 times.

POST-SURGERY ACTIVITY

Once you are home, follow the discharge instructions given to you by your surgeon and healthcare team. Do this to the best of your ability to help promote the best possible recovery from your surgery.

STAYING ACTIVE

It is very important that you are as active as possible after your surgery. Lying in bed slows down your recovery and increases your risk of complications. It also causes your muscles to weaken quickly.

Simple exercises like walking around the house and pumping your leg muscles can prevent the development of clots in your legs. You should walk at least three (3) times per day, or as directed by your surgeon.

After surgery, there may be days when you feel tired. Listen to your body. Rest will help in your recovery.

If you have any further questions regarding your surgery site or your surgery in general, please call your surgeon's office.

Always follow your surgeon's discharge instructions.

MY SURGERY APPOINTMENTS

If you are taking blood thinners or herbal supplements:
You may be asked to stop them a few days before your surgery.

Please note medications you are currently taking and when you last took them below.

NAME OF MEDICATION	DATE OF LAST DOSE

Special Instructions:

MY HEALTHCARE TEAM

The healthcare team will work together with you and your family during this journey to ensure you know and understand what is going to happen before, during, and after your surgery, that you are able to ask any questions you might have, and to ensure you receive the best care possible.

ANESTHESIOLOGIST

The doctor who sedates and monitors you during surgery.

BLOOD CONSERVATION NURSE

The nurse who helps reduce or avoid the need for a blood transfusion.

NURSES

Nurses will help look after you before, during and after your surgery.

PHARMACY TECHNICIAN

A healthcare professional who reviews and reconciles your medications with the pharmacy.

SURGEON

The doctor performing your surgery.

GENERAL INTERNAL MEDICINE

The doctor who may see you about specific health concerns that may not be related to your surgery but could be complicated by your surgery.

RECOVERY AFTER SURGERY

- When you are ready to go home, you will need a family member/friend to drive you home and someone to stay overnight with you
- Your first meal after surgery should be light

For the first 24 hours following your surgery:

- ▶ Have someone stay with you
- ▶ **Do not** drive or operate any kind of vehicle or machinery
- ▶ **Do not** drink alcohol
- ▶ **Do not** make any major decisions

IN THE RECOVERY ROOM

If you are staying overnight in a hospital room, please have someone bring you:

- A bathrobe and loose, comfortable clothing
- Non-slip slippers or shoes
- Personal hygiene items (toothbrush, toothpaste, hairbrush, mouthwash, deodorant, lip moisturizer, etc.)
- Earplugs (optional)
- Reading material (optional)
- Hearing aids, dentures, eyeglasses in their protective cases (all labeled with your name and phone number)

Please limit your belongings to one bag for your overnight stay

DO NOT BRING:

- ▶ Valuables such as jewelry or watches
- ▶ Credit cards
- ▶ Large amounts of money

Patients choosing to bring these items to the hospital, do so at their own risk.

Occasionally, it may be necessary for patients to stay overnight in the recovery room following their surgery.

PLANNING AHEAD

It is important to be ready for your surgery, both physically and mentally. You and your healthcare team will work together to make sure your surgery goes smoothly.

In the weeks leading up to your surgery, there are a few things you can do in advance to help prepare for your surgery and your recovery:

If you smoke, try to quit at least six (6) weeks before surgery. If you can't quit, then decrease the amount you smoke. Smoking can affect your body's ability to heal after surgery. Your primary healthcare provider can help with this.

Reduce your drinking. We recommend that you decrease your intake or stop alcohol four (4) weeks before your surgery.

Weight Reduction. If you are overweight, we recommend that you try to lose weight. Your primary healthcare provider can provide you with some options.

Arrange for support on surgery day. If you are going home the day of your surgery, plan to have someone drive you to and from the hospital. You will require someone to stay overnight with you.

Plan ahead for your return home. Stock your fridge and pantry with pre-prepared, healthy meals and arrange to have someone help you with your household chores (i.e. laundry, vacuuming and groceries).

BEFORE YOUR SURGERY

ON THE DAY BEFORE YOUR SURGERY:

- You may eat solid foods until 12 midnight the night before your surgery
- You may drink one (1) to two (2) glasses of clear non-carbonated fluids up until three (3) hours before your surgery (i.e. water, apple juice, Gatorade (except red) & coffee or tea **without** cream or milk)
- You may shower and shampoo your hair

PLANNING FOR YOUR RETURN HOME STARTS NOW!

- It is important to start early. Make sure your house is prepared for when you come home after surgery. Stock your fridge and pantry with pre-prepared healthy, easy to digest meals
- You may need some help with household chores such as laundry and groceries
- If you are going home the same day as your surgery, **YOU MUST HAVE SOMEONE PICK YOU UP AND STAY WITH YOU OVERNIGHT**

IN THE RECOVERY ROOM

After your surgery, you will be taken into the recovery room

- While there, you will have:
 - ▶ An intravenous (IV) drip to give you fluid or medicine
 - ▶ A nurse, who will ask you about your pain and monitor you continuously
 - ▶ Oxygen through a face mask or a tube in your nose
 - ▶ Monitors to check your blood pressure, heart rate and oxygen level.
- You may also have:
 - ▶ A catheter to drain the urine from your bladder
 - ▶ An epidural or small tube in your back to deliver pain medication
 - ▶ A PCA pump to deliver pain medication

Depending on your type of surgery

- You will spend about two (2) to three (3) hours in the Recovery Room before you are sent to Phase 2 Recovery, before you go home or are moved to your hospital room.

ABOUT ANESTHESIA

Most operations need anesthesia or sedation to ensure that you are comfortable during your procedure and do not feel pain.

- A **general anesthetic** will cause you to sleep during your surgery, and you won't remember the procedure.
- Sedation with a **regional (or local) anesthetic** will make you feel sleepy, and you might remember some things about the procedure. Examples of regional anesthetic are;

Spinal: A freezing medication is injected directly into spinal fluid and causes numbness from the waist down.

Epidural: A tiny tube is inserted into your back for two (2) – five (5) days to control pain.

Peripheral Nerve Blocks: These are used in addition to general or regional anesthetic to help control pain after surgery.

Some patients will have a patient controlled analgesia (PCA) pump. PCA pumps are equipped with safety features that prevent the patient from getting too much medication too quickly.

Your anesthesiologist is the doctor who will sedate and monitor you during your surgery. The anesthesiologist is specially trained and will stay with you to make sure you are safe and that your anesthetic is working as planned. He or she will closely monitor your pain, as well as your heart, lungs, and other vital signs.

BEFORE YOUR SURGERY

DO NOT:

- **DO NOT** Smoke or drink alcohol for 24 hours before surgery
- **DO NOT** Use recreational drugs for three (3) days before your surgery
- **DO NOT** Chew gum the morning of your surgery
- **DO NOT** Wear nail polish, acrylic nails, contact lenses or body piercings on the day of surgery. If you wear a medic-alert bracelet, it will be removed before you enter the Operating Room
- **DO NOT** Use lotions, moisturizers or make-up on the day of your surgery
- **DO NOT** Shave the hair on your body before surgery as this increase the chance of getting an infection. The surgical team will remove any hair as needed in the Operating Room
- **DO NOT** Wear perfume, colognes or scented products. PRHC is a scent-free hospital

SURGERY DAY CHECKLIST

ON THE DAY OF YOUR SURGERY:

- Take your usual medications the morning of your surgery, unless you are told not to
- Take any additional medications as directed by the surgeon/anesthesiologist/nurse
- Bring all the medications you are currently taking, in their original containers. Let your healthcare team know if there have been any changes in your medications
- Brush your teeth or rinse out your mouth, but do not swallow any water
- Bring your sleep apnea machine (if you use one) labeled with your name
- Bring your Ontario Health Card
- Bring this booklet
- Bring your reading glasses/contact lenses with protective case, labeled with your name and phone number
- Bring your hearing aids/dentures with protective case, labeled with your name and phone number
- Keep in mind it is a long day and there will be a lot of waiting. Family and friends are welcome, but only one person is allowed to stay with you in the “gowned” waiting room

IN THE OPERATING ROOM

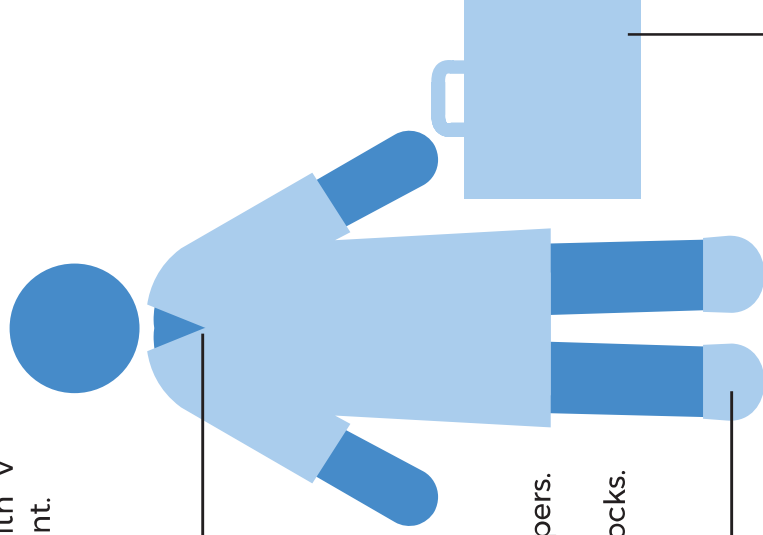
- When you are ready for surgery, you will be taken to the Operating Room by surgical staff.
- In the Operating Room, you will be greeted by members of your surgical team, including your surgeon, anesthesiologist and nursing staff.
- Several people will ask you your name, date of birth, allergies and the surgery you are going to have. This is for your safety. If anything sounds incorrect, please speak up!
- Once you are in the Operating Room, your family/friends can wait for you in the waiting room in Surgery & Outpatient Procedures (SOP) on Level 5. There is a cafeteria on Level 4 of the hospital, which includes a 24-hour Tim Hortons.

Our Operating Rooms are sometimes needed for life-threatening emergencies. While this isn't common, we will tell you as soon as possible if your surgery needs to be postponed. If this happens, your surgeon's office will call you to schedule a new date. Thank you for your understanding.

WHAT YOU WILL WEAR

1. HOSPITAL GOWN

This goes on with “V” neck to the front.



2. BOOTIES

Go on like slippers. Remember to remove your socks.

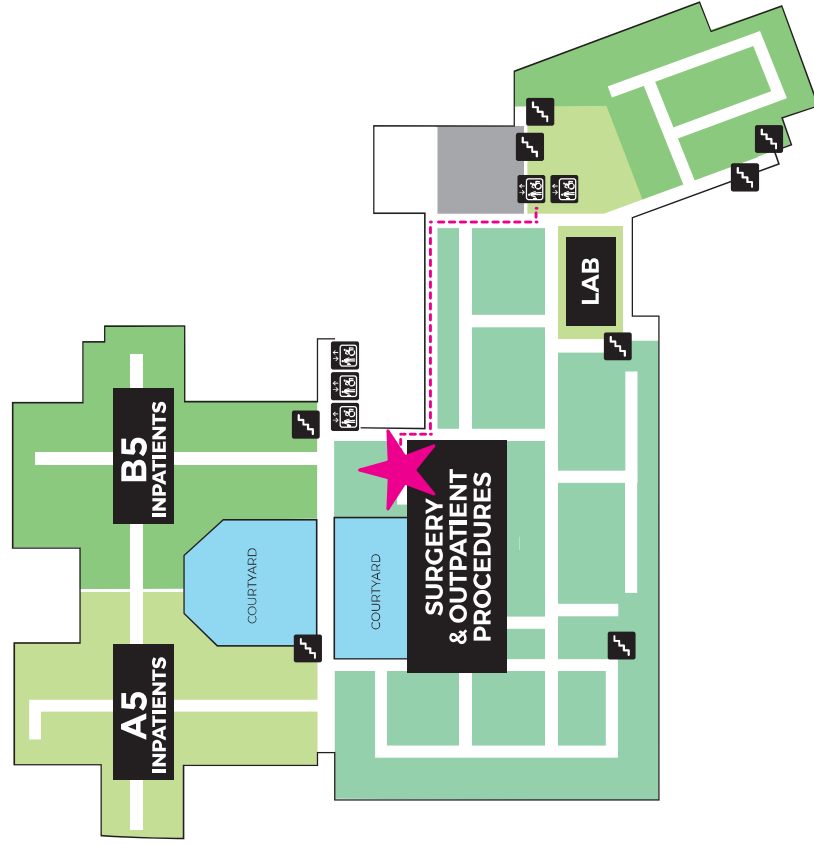
3. PERSONAL BELONGINGS





Place all personal belongings in the bag provided.

PLEASE ARRIVE ON TIME

1. When you arrive at the hospital, check in with the **Admitting Department** on Level 4, just inside the Main Entrance.
2. Once you are registered, walk across the lobby to the elevators. Go up one floor to Level 5.
3. If you need pre-surgery tests (bloodwork or ECG), get off the elevator and turn left. The **Lab** is the first door on your right. Take a number and have a seat until the receptionist calls you. Once your tests are complete, follow the directions below to Surgery & Outpatient Procedures (SOP).
4. To get to SOP, exit the elevator on Level 5 and turn right. Follow this hallway and turn left at the windows.
5. Continue down this hallway. When it ends, turn right.
6. SOP will be on your left. Please report to reception to check in. You will be asked to have a seat in the waiting area after you have checked in.
7. A nurse will call your name and take you to a pre-operative room to complete your paperwork and prepare you for surgery.
8. You will be directed to the change room, where you will change into a hospital gown.
9. Once you are prepared for surgery, one companion may stay with you until it is time for you to go into the Operating Room.

MAP OF LEVEL 5



-  Visitor Parking
-  15 Minute Visitor Parking
-  Pay & Display Parking
-  Parking Payment Stations

