

Welcome to the Day Surgery Unit

Tel: 01271 322455

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 outside the unit.

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.

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.

Any drugs or medicines you are taking

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.


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, 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



You may feel tired when you get home. Rest for the remainder of the day and have a quiet day the day after.

Have your say

Royal Devon University Healthcare NHS Foundation 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.