



SHFLDOSUHS DUDWLRQ

Arrangements:

Please arrange for a responsible adult to take you home after your operation. Do not use public transport.

For the first 24 hours after surgery, please arrange to stay where you will have access to a telephone in case you are worried and need to contact someone for advice or assistance.

Please make sure you have a supply of mild painkillers, such as Paracetamol or Ibuprofen, in case you need them after your operation.

If you take blood-thinning medicines (e.g. aspirin, clopidogrel, warfarin, dabigatran, rivaroxiban, apixaban), please notify your surgeon in advance so that a plan can be made.

What to bring:

Any drugs or medicines you are taking

Any inhalers normally used

Slippers and dressing gown

Something to read

On the day:

Please have a bath or shower the morning of your surgery, to make sure that the skin around the surgical site is clean. This reduces the risk of infection.

Unless you have been told otherwise, you can eat and drink on the day of surgery.

Unless your doctor or nurse tells you otherwise, please take your medicines as usual on the day of surgery.

Please leave valuable items at home.

Please remove all make-up, lipstick and nail polish so that we can monitor your skin colour and oxygen levels during the procedure.

Jewellery including body piercing must also be removed. This is partly to prevent infection and partly because metal objects can cause skin burns. 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.

You can usually wear your glasses, hearing aids or dentures (if you have them) throughout the procedure.

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 need medicines 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.

Please ask your nurse or surgeon regarding the timing of your return to normal activities (e.g. driving, working, etc.) and for advice on any wound care required (e.g. removal of stitches, dressings changes, etc.)

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

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

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NHS choices (www.nhs.uk)

The Royal College of Anaesthetists (www.rcoa.ac.uk)

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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