

Day surgery: If you need a local anaesthetic



Welcome to the Day Surgery Unit at the Royal United Hospital. We hope you will be happy and comfortable during your visit to the Unit and that this booklet will help plan your stay.

Our aim is to work with you to provide the best possible care and to ensure that your stay with us runs smoothly. The staff are here to help you and if you require assistance please ask.

Preparing for your Admission

The Unit is open Monday to Friday, 7.30am to 8pm and is a mixed sex ward. Please follow these instructions carefully:

- Have only a light meal on the day of admission
- Take all your usual medicines at the usual time, including inhalers
- Bring with you any tablets/medicines/inhalers you are currently using.

If you develop a cold, sore throat or illness prior to admission, e.g. diarrhoea or vomiting, please contact the Unit as soon as possible on **(01225) 824411**.

If you are not prepared for your surgery your procedure may have to be **cancelled**.

You are welcome to have a companion stay with you during your time at the Day Surgery Unit if you wish. If you have dependant children, please make alternative arrangements to have them cared for, so you do not bring them to the Unit. If you have pets that may need looking after during the day, please make arrangements for this so you do not need to worry about them.

Arrange for a responsible adult to collect you (hospital transport can only be provided by prior arrangement with your GP).

Before coming into hospital, you should:

- Bath or shower
- Remove all makeup, jewellery, piercing, perfume, talc, false nails and nail polish before your admission
- Leave any valuables at home, apart from loose change if you need to use the pay phone

Remember to Bring:

- A blank cheque (not cash) to pay for any take home medicines or proof of exemption
- Any tablets/medicines/inhalers you are currently using or an up to date prescription list
- Dressing gown and slippers, as you have to walk to theatre
- Loose fitting trousers if you are having a leg operation
- A book or magazine to read.

On Arrival at the Hospital

The Day Surgery Unit is located on the First Floor of RUH Central. There is a lift available.

On arrival please report to the main reception desk. This desk will be manned at all times; you should bring with you the letter detailing the procedure you will be having.

All patients are brought into the Unit at the same time so that the Anaesthetists and Surgeons may see the patients before their procedure. You may be asked the same questions several times but this is for your own safety.

You will then be shown to your bed area where your nurse will discuss your stay, give you relevant information and answer any questions you may have. Once you have been allocated a space, your nurse will be able to give you an approximate time for your operation.

Operating times are:

8.30am – 12.30pm

1.15pm – 5.15pm

It is not possible to predict how long you will be in the day surgery unit; the length of your stay will depend on your procedure and your position on the operation list. We do appreciate your patience.

You will meet the surgeon, if you have not already done so, and be asked to sign a consent form. You will need to change into a theatre gown. Please bring in a suitable bag to put your clothes in. You may be required to walk to theatre so please ensure you bring in some slippers. It will then be necessary for you to wait until it is time for your operation, at which point your nurse will accompany you to theatre. This may take some time so please bring in a book or something to occupy yourself.

Facilities in the Day Surgery Unit

The Day Surgery Unit provides a comfortable area for you to wait in. Some of the facilities available to you before and after your operation include:

- A television in the reception area for use while you wait
- Complimentary drinks, biscuits and sandwiches for patients after they have had their operation

Please note that there is a café and Friends of the RUH shop in the Atrium, situated at the Main Entrance to the hospital. There is also a cash machine, which does not charge for withdrawals.

The Lansdown Restaurant is situated in RUH Central and open daily 7.30am - 2.30pm and 5.00pm - 8.00pm.

What to expect after your Operation

Your nurse will accompany you back to your bed area.

After a short rest you will be offered light refreshments, after which you will be able to get dressed ready for discharge home.

You will be given some written information about what you should and should not do. You will also be given guidance on your recovery time, any medicines that the doctor has prescribed, as well as a letter for you to give to your GP/Dentist.

A sick note can be provided on request.

Arrangements for any follow up appointments at the hospital will be made before you leave, for example, Outpatients or Physiotherapy.

After you are Discharged

Please follow the specific instructions given to you by your nurse regarding wound care and removal of any stitches.

You should have strong pain relievers such as paracetamol at home.

Driving

Following some operations you may need to avoid driving until any stitches are removed.

Returning to work/school

You can return to work/school when you feel fit enough; more specific advice can be sought from your nurse or doctor.

If you have any concerns about your surgery and need immediate help or advice

- Advice about your wound: GP Surgery, NHS walk-in centre.
- Advice about pain killers: Visit your local Pharmacist.
- General health enquiries: Ring NHS Direct on 0845 4647 (24 hours) or visit www.nhsdirect.nhs.uk
- Problems related to surgery: Make an appointment with your GP.
- Urgent or severe problems: Call your GP or go to your local Emergency Department.

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