

Oral and Maxillofacial Surgery Department

This leaflet explains: Your treatment under day case general anaesthetic

This is a guide for patients who come for surgery under general anaesthetic and go home the same day. Please read the whole of this leaflet carefully.

What is Day case treatment?

Day case surgery means coming into hospital for your procedure, and going home the same day. It is for people who do not need to stay in hospital overnight.

Not all patients are suitable for day case treatment. We will assess your physical health and home circumstances to decide if day surgery is the best option for you.

What is a general anaesthetic?

A general anaesthetic is medication that causes you to be temporarily unconscious (asleep) so you do not feel anything during your surgery. An anaesthetist (a specially trained medical doctor who gives anaesthetics) will stay with you and monitor you during your surgery. The anaesthetist caring for you will meet with you to discuss your care. They will explain which type of anaesthetic is recommended for you. The doctor will also explain how any pain will be managed. Please ask us any questions if you are worried or have any concerns. We are here to help.

Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves. If you would like more information about our consent process, please speak to a member of staff caring for you.

What do I have to do before my surgery?

It is important for you to follow these instructions before your surgery. If you do not, we may not be able to go ahead with your treatment.

- Do not eat for six hours before your surgery. This includes sweets and chewing gum.
- You can have sips of water up to four hours before your surgery. This must be water, not fizzy drinks, tea or coffee. **If you have food or drink in your stomach when you have an**

anaesthetic, you are at a higher risk of vomiting while you are unconscious, which can lead to serious complications.

- If you have a morning appointment (8am) your last food must be before 2am, thereafter you can sip water only until 4am. Most people don't have anything to eat after going to bed the night before.
- If you have an afternoon appointment (12.30pm) your last food must be before 7am then you can sip water until 08.30am.
- **We advise you not to smoke** for at least 24 hours before your surgery since smoking will delay your wounds from healing. If you would like help to stop smoking please let us know. Our hospital has a no smoking policy, and smoking is not permitted on our premises.
- Please arrange for a responsible adult to come with you to your appointment. They should be mobile and able to escort you home. They must be able to stay with you for a minimum of 24 hours after you leave hospital. **Your surgery will be cancelled if you arrive without someone who can stay with you.**
- Please do not bring children or infants with you as we do not have suitable space for them.
- Please bring all your medication to the Day Surgery Unit so we know what you are taking. This includes all prescription medication and inhalers, medication you have bought and alternative medicines, such as herbal remedies. Unless your doctor or nurse tells you otherwise, please take your usual medication, as prescribed by your doctor, with a small sip of water, on the day of your surgery. Please follow the advice and instructions that the doctors and nurses have given to you.
- Please bring your GP's name, address and postcode if you have moved to a new GP practice since making your appointment.
- Please bring your glasses but not contact lenses since they can damage your eyes if left in during the procedure.

If you develop a cold or feel unwell on the day before your treatment or think you might be pregnant, please call us for advice. See the 'Contact us' box at the end of this leaflet.

- Please have a bath or shower on the morning of your surgery and wear loose and comfortable clothing.
- Please remove all make-up, nail varnish, piercings and skin lotions, so we can monitor your skin colour and oxygen levels during your surgery.
- Please leave all jewellery at home. If you have jewellery that cannot be removed, tell us so we can tape it before your surgery. We do this so it does not interfere with our equipment during surgery.
- Please bring a book or magazine to read whilst you wait and leave all valuables at home as they might get lost or misplaced at the unit.
- Please do not bring large bags or suitcases to the unit as storage space is limited.

What will happen when I arrive at hospital?

When you arrive at the Day Surgery Unit please tell the receptionist your name. The receptionist will take you, and your escort, to a room where you will meet the team looking after you.

What will happen before my surgery?

- A nurse will take your blood pressure and pulse and ensure you are ready for your procedure.
- You will be given a surgical gown to wear.
- The anaesthetist will discuss the anaesthetic procedure (putting you to sleep during the surgery).
- A member of the Oral & Maxillofacial Surgery team will discuss your treatment.
- We will give you an estimate of your surgery time after we have met all the patients. A team of highly trained doctors and nurses will be with you and monitor your care throughout the surgery and in the recovery room. Please note, we make every effort to keep waiting times to a minimum. However, it is not always possible to predict how long each individual procedure will take.
- A member of the surgery staff will take you to the operating theatre when it is time for your surgery. Your escort can come in with you, if you want.
- You will be asked to sit on a trolley after the anaesthetist's assistant has checked your name. We will attach some equipment to you so we can monitor your heart, blood pressure and breathing during your surgery.
- The anaesthetist will give you the anaesthetic drugs either by injection or through a mask and you will quickly go off to sleep. Your escort can return to the waiting room.

What will happen during my treatment?

Each patient's treatment is different. The surgeon and anaesthetist will explain to you what will happen during your surgery. A team of highly trained doctors and nurses will be with you and monitor your care throughout the surgery and in the recovery room.

What will happen after the surgery?

After treatment, you will be taken to the recovery room. This is where you will wake up. You will have an oxygen mask on your face which is normal practice after an anaesthetic. The oxygen helps to clear the anaesthetic from your body while you are recovering. If you have had teeth extracted, you will have a gauze pack in your mouth and there may be some blood present.

You will have your blood pressure and pulse checked regularly in the recovery room. You will also have your oxygen levels checked, using a clip on your finger.

If you experience any pain or discomfort, please tell your nurse so you can be given medication to relieve it. If you feel unwell, the recovery nurse will offer you some anti-sickness medication.

When can I go home?

You will need to stay in the recovery room for a couple of hours so we can make sure you are well enough to go home. We will explain the treatment you have had carried out to both you and your escort. We will also give you instructions on how to look after your mouth. You will be offered squash or water when you feel ready. We will talk to you and your escort about your care at home and we will explain any medication that we prescribe for you. Please ask us any questions you might have. You will be able to leave the unit when your nurse is happy that you are well enough to go home.

When you are at home

When you are at home it is important that you follow the advice given to you below, for your safety. Although you might feel fine, your judgement and coordination may still be affected for 48 hours after your surgery.

- Please rest at home for a minimum of 24 hours after the surgery.
- Do not go to work or school on the day after your surgery.

For 48 hours after the surgery, do not:

- drive any vehicle, including a bicycle
- operate any machinery
- attempt to cook, use sharp utensils or pour hot or boiling liquids
- drink alcohol
- smoke
- take sleeping tablets
- make any important decisions, or sign any contracts.

Contact us

If you are worried about your condition when you are home, please telephone the Oral & Maxillofacial Surgery Department Reception, at the Royal United Hospital on (01225) 824260 between 0900 and 1700, Monday to Friday.

Outside of these hours please phone (01225) 428331 and ask the switchboard operator for the On-call doctor for Oral & Maxillofacial Surgery (bleep7813).