

SURGICAL

Quick Procedure Guide

At NHH, we understand that undergoing a surgical procedure can be an overwhelming experience. This guide is designed to provide you with all the information you need to prepare for your surgery.

Your Procedure Date:

OR Booking Office:
905-377-7765

Hours of Operation:
8:00 AM to 4:00 PM
(Monday - Friday)

Call your Surgeons Office two (2) days prior to your procedure to confirm your arrival time. If your operation is booked for a Monday, please call the Friday before.

Please arrive **one (1) hour and fifteen (15) minutes** – that's seventy-five (75) minutes – before your procedure time.

Before Your Operation

If you are taking any medications, including over-the-counter medication, herbal and/or street drugs, check with your surgeon for advice on continuing them during the days/weeks leading up to your operation.

It is very important to tell your surgeon if you are taking **Asprin (ASA), Plavix or any blood thinners (Coumadin, Warfarin, Xarelto, Rivaroxaban, Lixiana, Apixiban, etc.)**. These may need to be stopped before your surgery.

Important for Your Safety

You cannot drive yourself home. You must arrange for a person to accompany you home after surgery. If you have not arranged for someone to accompany you home, **your procedure will be cancelled.**

Anesthesia can affect your judgement. We recommend not consuming alcohol, operating heavy machinery, or driving for **24 hours after** your procedure.

- Do not climb ladders or work in high, unprotected areas.
- Reduce your usual activity.
- Notify your Surgeon or Family Physician if you experience: **tightness in your chest, difficulty with pain, difficulty breathing, temperature over 100 degrees Fahrenheit (37.8 degrees Celsius), or anything unusual.** If your doctor cannot be reached, have someone take you to the nearest hospital or call 911.

Eating and Drinking Instructions

Do not have any food after midnight the night before your surgery. If you do not follow these eating and drinking instruction, **your surgery may be delayed or cancelled.**



- You are allowed to drink clear fluids on the day of surgery until 2 hours before your hospital arrival time. Clear Fluids Include: water, apple juice, ginger ale, Gatorade®, **black** tea, **black** coffee (**no milk, creamer, or sugar**).
- Do not drink any alcoholic beverages for at least 24 hours before your surgery. Alcohol may affect your anesthetic or medication given during your stay.

The Day of Your Procedure

If you have been asked to arrive **before 7:30 AM**, please present through the Emergency Department to register for your procedure. **After 7:30 AM**, please present through the Main Entrance doors to register for your procedure at the Day Surgery reception desk.

The Day Surgery Unit is located on the second floor, just past the elevator bank.

What to Expect When Arriving

Please be aware that your arrival time is not your procedure time. The assessments take time, and you will be required to wait. Please bring a book or activity with you.

The Operating Room may be needed for emergency, life-threatening surgeries without prior notice. If this happens, scheduled surgeries may be delayed or canceled. If your surgery is affected, you will be notified as soon as possible, and your surgeon's office will contact you to reschedule.

Your nurse will complete a pre-procedure assessment, including a review of your procedure, allergies, medication, when you last ate/ drank, etc. An intravenous (IV) may be started, and any required tests will be performed.

If your surgery is side-specific (left, right, or both sides), your surgeon will mark the correct side with their initials. You will be asked to verbally confirm with the Surgeon which side your surgery is on. This is a safety standard—please ask your surgeon or nurse if you have any questions.



Visitors

We recognize the importance of having your family or caregiver by your side during your procedure. Please note, visitor guidelines may vary depending on the phase of your recovery. These rules are designed to ensure your safety and wellbeing, and that of other patients.

Post-Procedure Recovery

It is normal to feel “groggy” or “hazy” while you are waking up after surgery. The nurses will ask you questions about pain and nausea. The recovery nurse may offer you additional medications to help manage your symptoms. You may receive oxygen; the nurse will ask you to take long, deep breaths. Warm blankets will be provided to keep you comfortable.

Discharge (Day Surgery)

Day surgery patients can expect to be at the hospital anywhere from 2-6 hours. Family members or caregivers are welcome to wait at the hospital, or they can provide a phone contact if they choose to leave the hospital.

When you are ready for discharge, a nurse will contact your family member and ask them to wait for you (in their vehicle) outside the Main Entrance. Please tell your family member or caregiver that they cannot leave their vehicle unattended at the Main Entrance. You will be taken down by wheelchair by a volunteer or nurse to the Main Entrance to be picked up.

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Hills Hospital