

SURGICAL Information Pages



Your Procedure Date:

OR Booking Office: 905-377-7765

Hours of Operation:

8:00 AM to 4:00 PM • (Monday - Friday)

Important Arrival Times

Call the OR Booking Office at 905-377-7765 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.

- **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 have any food after midnight the night before your surgery. If you do not follow these eating and drinking instructions, **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**).

Please bring your medications for any appointments at the Hospital and on your day of surgery.

NOTES:

Surgery at Northumberland Hills Hospital

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

Your health, safety, and comfort are our top priorities. These pages will help you understand what to expect before, during, and after your procedure, which include:

- 1. How to Prepare for Surgery:**
Steps to take in the days leading up to your surgery, medication instructions, and what to bring with you on your procedure day.
- 2. Day of Surgery:**
An overview of the surgical process and what to expect.
- 3. After Your Surgery:**
Tips and instructions for recovery, managing your pain, and follow-up appointments.
- 4. Pre-Surgery Checklist:**
Please use this checklist to make sure you bring everything needed for the day of your surgery.

Please review sections with this caution symbol closely. This information is especially important and needs your attention to ensure your surgery is not delayed or cancelled.



Please take the time to read this information thoroughly and share it with the Caregiver who will be assisting you. If you have any questions or need additional information, our Care Team is here to support you at every step of the way.

NOTES:

How to Prepare for Surgery

Sign-Up for MyChart Now

MyChart offers secure online access to your health record for care you receive at any one of the hospitals located in the Central East, including NHH.



How to Sign-Up for MyChart:

- Ask a member of your Healthcare Team to send you an email or text with the link to complete sign up; or
- Use the activation code included on the After Visit Summary provided by a member of your healthcare team; or

- Sign-up on the login page found at <https://mychart.ourepic.ca>

You can download the MyChart app for your Apple or Android device from the App Store or Google Play Store. The correct app is the one with the white heart on a red folder. Choose the hospital where you receive care.

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 on 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.

Your surgeon needs to know if you use **alcohol or recreational drugs** because these can change your recovery.

Do not take any medications such as Ozempic, Saxenda and other GLP-1 inhibitors for **1 week prior to surgery.**

Tell your surgeon if you have recently been prescribed any new or temporary medications, such as antibiotics for a recent infection or injury.

Stop all herbal/naturopathic medications at least two weeks before your operation.

Most heart, blood pressure and lung medications (including inhalers) should be continued. Please check with your surgeon prior to surgery.

You must **not** smoke after **midnight** the night before your procedure.



Sleep Apnea: If you use a breathing machine (CPAP), you must bring it with you on the day of your surgery.



If you develop a cough, cold, fever or become ill, call your surgeon as soon as possible. Your operation may need to be rescheduled.



If for any reason you cannot keep your appointment, please call your surgeon's office.



Parking is available at a flat fee.

How to Prepare for 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.

Speak with your Surgeon or healthcare provider about how long you might need someone to stay with you. If you live alone, you may need to make alternative arrangements.

Additional information is also available at: www.nhh.ca/Patients/PatientTransportation

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 instructions, **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.

We recommend not smoking for **48 hours before your surgery**. There is no smoking on NHH property.

NOTES:

How to Prepare for Surgery

Pre-Operative Clinic

Before your surgery, your Surgeon may want you to be either seen in person or have a telephone call with a pre-operative clinic nurse. The purpose of this visit is to discuss your health, health history, medications, and answer any questions you have about your surgery.

Please tell the OR Booking Office if you need interpretation services or a translator available for your appointment. The team can ensure we are prepared to support you on your appointment day and the day of your surgery.

A family member or caregiver is welcome to accompany you to the clinic.

You may be asked to come to the hospital for additional testing, including ECG, bloodwork, and x-ray. Your healthcare team will let you know if you need to get these tests, and if you require an appointment with the anesthesiologist before your surgery.

To your appointment, please bring:

- Valid Ontario Health Card and Insurance Card (if you have one).
- Medications, including vitamins and herbal supplements.
- Name and phone number of preferred pharmacy, family doctor, and any other specialists you have seen (cardiologist, pulmonologist, etc.).
- A list of any questions you have.

Hours of Operation

Monday through Friday, 8:00 AM - 4:00 PM

OR Booking Office:

905-377-7765

Pre-Operative Nurse:

905-372-6811, extension 3020 or 3021

NOTES:

Day of Surgery

The Day of Your Procedure

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



If you are advised to take any medications, take them with a **sip of water at 6:00 AM.** **Do not take any aspirin or blood thinners unless you are specifically told to do so by the Surgeon or Anesthesiologist.**

Please bring all your medications, puffers, and aerochamber with you to your appointment.

Take a shower or bath before coming to the hospital. **Do not** shave your surgical site.

Remove all nail polish. Do not wear make-up or perfume/ cologne.

Remove all jewelry, including earrings, rings, necklaces, bracelets, body piercings, and tongue studs.

If you wear contact lenses, please wear your glasses on the day of surgery.

If you wear glasses, hearing aids, or dentures, please bring them on the day of your procedure. Please bring a proper storage container for your hearing aids, dentures, or glasses. These items will be removed just before your surgery.

Leave all valuables at home. You will not be able to bring them into the Operating Room. The hospital is not responsible for lost items.

If you are coming for a breast surgery, please bring a bra without underwire support.

Bring your **valid** Ontario Health Card. If you have insurance, please bring your extended health coverage/ insurance card.

On Arrival at the Hospital

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.

NOTES:

Day of Surgery

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.

There may be times when we do not have advanced warning that the Operating Rooms are required for immediate, life-threatening surgeries. If this occurs, scheduled surgeries that were booked for that day may be cancelled or delayed. You must be prepared that if this occurs, your surgery may be one of the cases cancelled or delayed. If your surgery has been cancelled, you will be notified as soon as possible. Your Surgeon's medical office will call you with a new date for your surgery.

After registering, you will wait in the Day Surgery Unit waiting room to be called in by one of the pre-procedure nurses.

Visitors will be asked to wait in the surgical waiting area. If your family wishes to speak with the Surgeon, please let the nurse know to relay the message.

You will be asked to change into a hospital gown and your clothing will be placed in a labelled bag. You will also be given a hairnet and booties.

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 the 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.

NOTES:

Day of Surgery

The Operating Room (OR)

In the OR, you may be greeted by one of our many members of the interdisciplinary team. We have many different healthcare members at NHH —nurses, anesthesia assistant, anesthesiologists, and surgeons.

One of the OR team members will bring you to the Operating Room and answer any additional questions you may have. You will be asked to confirm your name and date of birth.

In the room, you will be asked to lie on the OR bed. You will be covered by a warm blanket as the operating room can be very cold.

Before you are given any sedating medicine, the team will review the Surgical Safety Checklist, which is another safety protocol.

You will be asked to confirm your name, date of birth, allergies, and the procedure being done. This may feel repetitive, but it is an important part of keeping you safe throughout your procedure.



Post-Procedure Recovery

Depending on the types of medication you are given during your procedure, and how your body reacts, you will be transferred to either the Post Anesthetic Care Unit (PACU) or Day Surgery Unit for 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.

The length of time you will be in recovery varies and depends on how you are feeling and the care you need.

If you are being admitted to the hospital following your procedure, you will be transferred directly from PACU to your inpatient bed by one of the nurses.

Same Day Discharge (Day Surgery)

Day surgery patients (going home same day) 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.

After Your Surgery

Admission Following Surgery (If Part of Your Surgery Plan)

Nursing unit staff are apart of the health team who will care for you for the duration of your hospital stay. They are specifically trained to meet your needs. We encourage you to ask for help whenever you need it. You may also meet other members of the care team, physiotherapy, pharmacy technicians, dietician, etc. If you are unsure, please feel free to ask.

For us to be able to provide you with the best care, comfort, and safety, we ask for your help with the following:

- Ensure you know where your call-bell is located, so you can call your nurse for assistance you may require.
- Ask the nurse for help when getting out of bed for the first time.

- Call the nurse for help to the washroom. You will be expected to void (pass urine) within the first 8 hours post-operatively. The nurse may need to measure the amount.
- Do not eat or drink anything until the nurse tells you it is all right to do so.
- Let the nurse know when you need medication for pain or nausea. (Your Surgeon will have ordered pain medication for you, and you are the best judge when you need it.)

Wi-Fi: Public Wi-Fi is available through the NHHGUEST network. Please bring your own device and charger to use during your stay.

TV: TVs are available for viewing rental. Please follow the directions on the TV screen available in your room.

NOTES:

After Your Surgery

Discharge Following an Inpatient Stay

As part of your overall recovery, it is important that you return to your normal activities and surroundings as soon as possible. Your care team will keep you up to date on which day you are expected to go home.

Arrangements for Home Care or other community services will be made as necessary.

Before leaving the unit, you must check with your nurse for any discharge instructions and/or prescriptions.

We target discharge before noon. Your healthcare team will communicate with you when you are likely to go home. **Please make sure there is someone to drive you home and stay with you.**

Pain Medications at Home

During your recovery from surgery, it is normal to experience pain. Pain levels can vary, and the healthcare team will regularly assess your pain using a scale from 0 to 10, where 0 means no pain and 10 represents the most severe pain imaginable. The goal is to maintain pain at a tolerable level, but pain medications will not eliminate pain entirely.

In some cases, your physician may prescribe stronger pain medications if other methods are insufficient. These medications should be used only when alternative treatments, such as rest, ice, or over-the-counter pain relievers, are not enough.

You may experience side effects from pain medications, such as constipation, nausea, dry mouth, itchiness, sweating, or dizziness. Some individuals are more sensitive to these effects and may require a lower starting dose or closer monitoring.

Stop taking the medication and seek immediate medical help if you have:

- Severe dizziness, inability to stay awake, hallucinations, heavy or unusual snoring, slow breathing rate.

Your caregiver needs to call 911 if:

- You cannot speak clearly, they cannot wake you up, your lips or fingernails are blue or purple, you are making unusual snoring, gasping, gurgling, or snorting sounds while sleeping. You are not breathing or have no heartbeat or have any other concerns.



NOTES:

Pre-Surgery Checklist

10-Days Before Procedure:

- ☐ Talk to your Surgeon if you are prescribed ASA, Plavix, or other blood thinners.
- ☐ **You cannot drive yourself home. Your surgery will be cancelled if you do not have someone to accompany you home.** Plan arrangements for someone to accompany you home after surgery and stay with you for at least 24 hours after your procedure.

Night Before Surgery:

- ☐ Do not have any food after midnight.
- ☐ If you have been instructed to complete any additional bowel preparation, please do so according to the Surgeon's instructions.

NOTES:

Day of Surgery:

- ☐ You may drink clear fluids until 2-hours before your hospital arrival time. **These include:** water, apple juice, ginger ale, Gatorade®, **black** tea or **black** coffee. **(NO MILK, CREAMER, OR SUGAR).**
- ☐ Take only the medications you have been instructed to take by your Surgeon or Anesthesiologist.
- ☐ Shower or bath the morning of your surgery. Do not shave the surgical site.
- ☐ Remove contact lenses.
- ☐ Remove all jewelry (including rings, earrings, body and tongue piercings).
- ☐ Remove all makeup, fingernail and toenail polish.
- ☐ Wear clean, comfortable (loose fitting) clothes.
- ☐ Bring your CPAP (if you wear one at home).
- ☐ Bring your valid Ontario Health Card, and insurance card (if you have one).
- ☐ Bring a proper storage container for hearing aids, dentures, and glasses.
- ☐ Bring ALL medication with their original containers, including puffers, insulin, eye drops, and/ or patches.
- ☐ If you are being admitted—bring your own personal items (toothbrush, toiletries, etc.).

OR Booking Office: 905-377-7765

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



NHH

Northumberland
Hills Hospital