

A Patient Guide to attending the Day Surgery Unit

If you are waiting to attend the Day Surgery Unit (DSU) at the Royal Surrey County Hospital, there may be some questions that you would like to ask.

The following page may answer some of these, but if you still need more information there is a contact number at the bottom of this page.

What do I need to do before I come in?

For your operation to go ahead as scheduled it is important that you prepare yourself following any specific instructions that you are given. If you are not prepared for your surgery your appointment may have to be cancelled.

These general instructions should be followed by all patients, unless instructed to the contrary:

- It is vital that you follow the instructions that you are given regarding eating and drinking, this is for your own safety.
- Please bath or shower on the morning of your appointment and **do not** wear any make-up, nail varnish or jewellery.
- If you are having a general anaesthetic you **must** arrange to be driven home or to be accompanied in a taxi.
- You must arrange for a responsible adult to escort you home and stay with you until the following morning.

If these arrangements have not been made, your appointment may have to be cancelled.

- If you are a smoker it is advised that you stop at least three days before your anaesthetic.
- Please take your prescribed medication as normal.
- If you are diabetic, or taking Warfarin, please telephone the Day Surgery Unit or contact the Pre-Assessment Nurse for advice on 01483 464152

Do I need to bring anything with me?

- Any medication you are taking
- Something to read. You may be in the unit for 4-8 hours
- Dressing gown and slippers
- Please do not bring any valuables with you

How long do I stay at the day surgery unit?

If your appointment time is at 8.00am, your operation will take place during the morning. If you have been asked to arrive at 12.00 noon, your operation will take place between 1.30pm and 5.00pm.

When you arrive we will be able to give you an estimated time for your surgery. You will then need to rest in the Unit after your surgery and recover for a few hours. The time will depend on the type and length of surgery - it is not possible to give a general length of stay.

The nursing staff will contact your transport when you are ready to go home.

Will I have pain?

Some pain is to be expected following any type of surgery, and those carried out in the Day Surgery Unit are no different. The degree of pain or discomfort that you will feel will vary depending on the type of surgery you have, and your own pain threshold.

Every effort will be made to control your pain while you are in the unit. You may also have painkillers dispensed to you to take home.

You should be aware that any medication dispensed by the Day Surgery Unit carries a normal prescription charge, unless you are exempt.

What can I do once I am home?

You will need to rest once at home. Drink plenty of fluids, and have a light meal if you wish.

For the first 24 hours or so you may just want to sleep. The day after surgery you should be up and about. An anaesthetic will affect each patient differently, but you should not expect to do anything too strenuous. You can be moderately active, but it is important that you listen to your body and rest if you become less comfortable.

For 24 hours after surgery all patients should NOT

- Drive a car
- Ride a bicycle
- Drink alcohol
- Be solely in charge of any dependants
- Make any important decisions or sign any legal documents.

When can I go back to work?

We strongly advise you to have at least one day off work or study following an anaesthetic. You may need longer than this to recover properly depending on the type of surgery. Please be advised by your pre-assessment nurse or DSU staff.

A doctor's certificate for time off work can be provided for you on the day of surgery. Please advise nursing staff on your arrival if you require one.

What facilities are there at the Day Surgery Unit?

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

- A television room for use while you wait, with some satellite channels
- Tea and coffee making facilities
- Complimentary biscuits and sandwiches for patients
- Vending machines in the reception area, containing soft drinks and snacks

Please note that the hospital café and newsagent is situated near the Main Entrance and is not easily reached from the Day Surgery Unit.

You are welcome to have a companion stay with you during your time at the Day Surgery Unit if you wish.

The Day Surgery Unit offers an Amenity Room for the use of patients who would like additional privacy during their stay. If you would like to enquire about the possibility of booking this room, please contact the unit.

If you have further questions or need to contact the unit -

Please telephone the Day Surgery Unit between 8.00am and 6.00pm Monday to Friday if you have any questions.

We can be contacted on 01483 406783 or 01483 406784 (answering machine)

To contact the Pre-assessment Clinic call: 01483 464152