

Welcome to the Day Surgery Unit

Day Surgery Unit



Patient information leaflet

This leaflet provides the patient with information and advice about their stay in the Day Surgery Unit. If you require any further advice please contact the Day Surgery Unit on the telephone number provided on the back of this leaflet.

Preparing for your visit to the Day Surgery Unit

It is vital that you follow the instructions provided on the accompanying letter regarding eating and drinking before your operation (including chewing gum). These instructions are for your own safety and if they are not followed you should be aware that your operation may be cancelled.

Also:

- Please **DO NOT** wear make-up.
- Please **DO NOT** wear nail varnish, gel nails, acrylic nails, false nails of any sort.
- Please **DO NOT** wear false eyelashes.
- Please **DO NOT** wear or bring jewellery with you. **ALL** hand jewellery **MUST** be removed before hand or arm surgery. Please do not replace hand jewellery for at least two weeks after the surgery or until swelling has reduced.
- Please **DO NOT** wear contact lenses on the day of your surgery if you are having a general anaesthetic, as they **CANNOT BE WORN DURING SURGERY**. Please bring your equipment with you to remove them if necessary.
- Please **DO** wear loose fitting clothing to allow for comfort and ease following surgery.
- Please take all your prescription medication as discussed at your pre-assessment. If you have not had a pre-assessment and you are on regular medications please call the pre-assessment unit on **01483 571122 ext 4628**. Please bring a current list of medications with you and any medications you may need while you are on the Day Surgery unit.

While we understand that this can be a very stressful time for you and your family, due to the lack of space we ask that you bring no more than one adult with you during your stay.

Children are not permitted on the unit as visitors, therefore please make any necessary arrangements for childcare prior to your stay.

Patients having a general anaesthetic/sedation **must ensure that:**

- You arrange to be driven home or accompanied home in taxi by a responsible adult.
- You arrange for a responsible adult to stay with you for **24 hours** after surgery.

If the above arrangements have not been made, your operation may have to be cancelled.

If your appointment time is 07:30 your operation will take place between 08:30 and 12:30. If your appointment time is for 12:30 your operation will be between 13:30 and 17:00.

Please refer to your admission letter for your specific time of arrival.

We aim to keep waiting times to a minimum, however some delays are unavoidable. The nursing staff will try to keep you informed of times on the day.

Following a general anaesthetic you will need to rest in the unit for at least one hour after your operation. Sometimes this can be longer dependent on the nature of your surgery.

What do I need to bring?

- Any medications you are taking.
- Something to read, you may be in the unit for up to 8 hours.
- A warm jumper or dressing gown as the Day Surgery Unit can become quite cool.

There are no secure lockers/cupboards on the Day Surgery Unit; therefore you are advised not to bring any valuables in with you.

What should I do following the surgery?

After a general anaesthetic it is advised that you rest at home for 24 hours or as advised by the nursing staff at the time of discharge. Drink plenty of fluids and have a light meal. The day after your surgery you should be up and moving about as comfort allows, unless otherwise advised.

For 24 hours following a general anaesthetic:

- You **MUST NOT** drive a car or any other vehicle or operate any machinery.
- You **MUST NOT** drink alcohol.
- You **MUST NOT** be solely in charge of any dependents.
- You **MUST NOT** sign any legal documents or make any legal or important decisions.
- You **MUST** have a responsible adult with you for 24 hours.

Will I have Pain?

Some degree of pain is expected after most surgery. Every effort will be made to keep control of your pain whilst you are on the unit. You may still have a bit of discomfort when you go home and if considered necessary you will be given pain killers to take home.

When can I return to work?

You are strongly advised to take at least one day off work/college/university/school following your anaesthetic. You may need a longer period off depending on the nature of your surgery. This may also be dependent on the type of job you do. Please be advised by pre-assessment and make these arrangements with your employer, if necessary.

A doctor's certificate for time off work/college/university or a letter for school can be provided for you on the day of your surgery. Please advise the nursing staff on your admission if you require one.

What are the facilities on the ward?

There are free tea and coffee making facilities for patients when they are permitted to drink. Sandwiches and biscuits are provided for patients after their procedure. If you have any specific dietary requirements we advise you bring snacks with you.

Relatives can visit either the coffee shop situated in the main entrance or the Lifestyle restaurant on level A. There is also a vending machine in the reception area where soft drinks and snacks can be purchased. Please be aware that the coffee shop and restaurant are all situated near the main entrance and are not easily reached from the unit. The Day Surgery Unit is unable to provide change so please ensure you bring this with you.

Car parking and parking charges

Please be aware that there are only **5 parking spaces for visitors** outside of the Day Surgery Unit. There are facilities to double park at the unit when necessary. However please advise the receptionist on your arrival that you have had to double park as they will need to take your details.

We strongly advise that you arrange to be dropped off and collected by a responsible adult prior to your stay in the Day Surgery Unit.

Parking can be difficult at most times of the day so it is worth leaving some extra time to ensure that you are not late for your appointment.

Like most hospitals, the Royal Surrey needs to make a charge for car parking. On arriving and parking, visitors/patients now have three payment options:

- Option 1 – Check in/Check out (pay by card)
- Option 2 – Pay and Display (pay by cash or card)
- Option 3 – Pay by Mobile App (using the 'Waytopark' app)

For Option 1 and Option 2, please visit the Pay Machine and select either 'Check in/Check out' or 'Pay and Display' and then follow the instructions on screen.

The Check in/Check out option means that you pay on exit which can be an advantage if you are not entirely sure how long you will need to park.

There are car parking signs providing full instructions if required.

Please note that there is a parking charge for Blue Badge holders.

Any enquiries or queries about parking should be directed to the CP Plus Parking office, which is located to the left of the doors into main reception or by calling 01483 571122 ext 6962.

For further information and current parking charges please visit:
www.royalsurrey.nhs.uk/patients/getting-here/

Contact details

For further information or advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday–Friday, 08.00–18.00)

Out of hours advice

Telephone: Call 111 (formerly NHS Direct)

www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: March 2019

Future review date: March 2022

Author: Carole Richens & Laura Ceurstemont

PIN190313–1045

