

Welcome to the Surgical Short Stay Unit

Surgical Short Stay Unit



Patient information leaflet

Where is the Surgical Short Stay Unit?

The Surgical Short Stay Unit (SSSU) is situated at the front of the hospital. Please note that the Unit cannot be accessed from inside the main hospital building.

What do I need to do before I come in?

- Please read the accompanying letter carefully.
- It is vital that you follow the instructions regarding eating and drinking for your own safety (no chewing gum). If not followed your operation may be cancelled.
- 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 operation 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, after checking with pre-assessment.
- If you are diabetic, or taking Warfarin, please telephone the Short Stay Surgery Unit for advice on – **01483 406828**.

What do I need to bring?

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

How long will I be there?

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 to recover – the time will depend on the type and length of surgery.

There are 12 theatres operating at any one time therefore even if you arrive in the morning you may not be operated on until later that afternoon.

The nursing staff will contact your transport when you are ready to go home. If you are well enough you may be able to vacate your bed and wait for your escort in the day room, to enable others to have their surgery.

The visiting times are 14.30-16.30 and 18.00-20.00. However, under exceptional circumstances please speak to the nurse in charge.

Only two people are permitted at the bedside at any one time.

Will I have pain?

Some degree of pain is to be expected following any type of surgery. It 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.

Any medication dispensed by the Surgical Short Stay Unit carries a normal prescription charge, unless you are exempt. You will receive an invoice for these a few weeks after surgery.

What can I do once at 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 your surgery you should be up and about. Be moderately active as comfort allows. For the first 24 hours following a general anaesthetic you must **not**:

- Drive a car or any vehicle or operate any machinery.
- 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 SSSU 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 Surgical Short Stay Unit?

- A television room for use while you wait
- Tea and coffee making facilities
- Complimentary biscuits and sandwiches are provided during the day. A hot meal is available for patients staying overnight
- Vending machines in the reception area, containing soft drinks and snacks

Please note that the Costa and M&S Food are situated near the main entrance of the hospital.

Amenity Room

The Short Stay 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 on – **01483 406828**.

Minimal Handling Policy

The Royal Surrey County Hospital has adopted a Minimal Handling approach to care, in line with Health & Safety at Work Act (1974) and the Minimal Handling Operations Regulations (1992).

During your stay on the Unit, and once you return home, you will be encouraged to move yourself and maintain your independence wherever possible. You will be given specific information and advice regarding your operations and the implications on your daily routine.

If you use crutches or a walking stick, please bring them with you when you attend for your procedure.

Any complaints or comments?

If you have any complaints, please contact the doctors or nurses straight away. If this does not solve the problem please contact the Surgical Short Stay Unit Manager on **01483 406828** or write to:

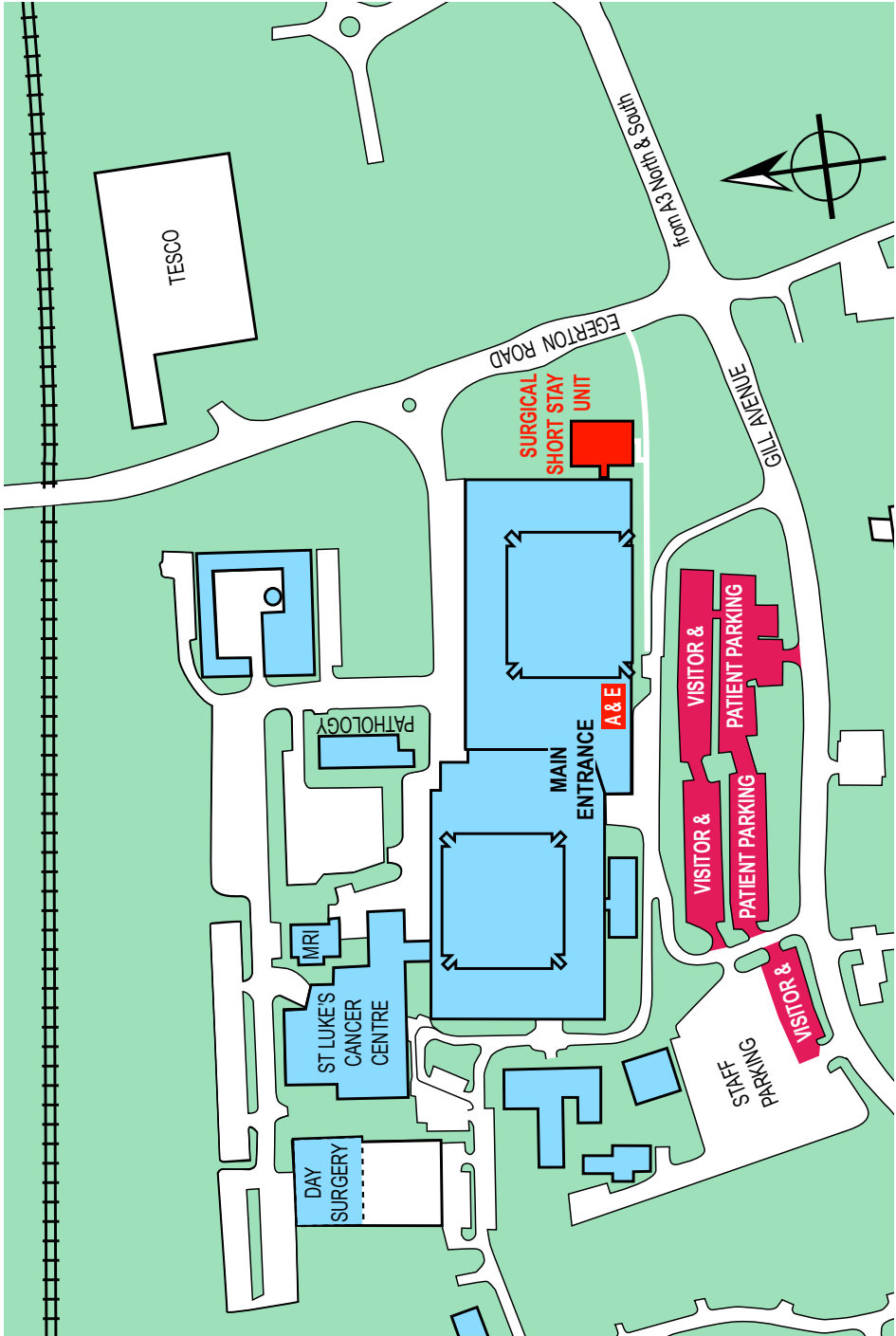
Surgical Short Stay Unit
Royal Surrey County Hospital
Egerton Road
Guildford
Surrey GU2 7XX.

Similarly, if you have any other comments about the service provided we would also like to hear from you.

These notes will not cover everything. If you want to know more, please ask.

Directions

Come off the A3 for Cathedral, Park Barn and RSCH Hospital A&E. Park in the Pay & Display Visitor and Patient car park at the front of the hospital. Follow the green signs to the Surgical Short Stay Unit which is situated at the very front corner of the hospital.



Contact details

Surgical Short Stay Unit

Telephone: 01483 406828 (Monday–Friday, 08:30–19:00)

NHS Direct

Telephone: 0845 4647

Website: 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.

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Future review date: May 2022

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