



Surgical Patient Information Booklet

**Almonte General Hospital
75 Spring St., Almonte, ON, K0A 1A0
(613) 256-2514 x2212**

**Carleton Place and District Memorial Hospital
211 Lake Ave., E., Carleton Place, ON, K7C 1J4
(613) 253-3803**



Welcome to Surgical Services at the Mississippi River Health Alliance!

We are proud of the care we provide for our patients every day.

We are guided by our commitment to patient-centered care and look forward to welcoming you for your surgery. We hope this booklet will help to answer common questions as you prepare for surgery.

Please contact us to ask any questions you may have at any time.

My Surgeon is: _____

Date of Surgery is: _____

My arrival time is: _____

Please bring this booklet to all pre-operative appointments and to the hospital on the day of your surgery

Questions Before Your Surgery:

- Please call your Surgeon's office or your respective hospital Monday to Friday between 8:00am and 4:00pm
- Almonte General Hospital: 613-256-2500 ext. 2212
- Carleton Place and District Memorial Hospital: 613-253-3803

Questions After Your Surgery:

- A Nurse from the hospital will call you on the first business day after surgery to check in on how your recovery is going
- Please call your Surgeon's office if you have other post-operative questions or concerns
- If you are concerned about your recovery, please present to the nearest Emergency Department



This Booklet Contains:

- What to bring with you to the hospital
- Preparing for your surgery
- What to expect on the day of surgery
- General post-operative instructions
- Pick-up instructions

The information contained in this booklet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your surgeon and healthcare team about your particular health care needs.



What to Bring to the Hospital Checklist:

- Your Health Card
- All current medications and an up-to-date medication list
- A list of allergies, including the type of reaction
- CPAP Machine (if applicable)
- Contact information for your adult driver
- Loose, comfortable clothing and slip-on shoes
- Wear your hearing aid(s), glasses and denture(s)
- No contact lenses, make up, nail polish
- If you have your period, use a pad instead of a tampon on the day of your surgery
- Remove all face and body piercings
- No valuables – jewellery, money, credit cards, etc, please leave these at home, we do not assume responsibility for lost valuables
- No scented products – the hospital is a scent-free environment
- This Booklet!

Overnight patients, please also bring:

- Toiletries
- Cell phone charger



Preparing for Surgery

Please follow the following instructions as you prepare for surgery.

If the instructions are not followed, your surgery may be cancelled for your safety.

- **Do not eat any food after midnight the night before your surgery**
- You may have **clear fluids** (e.g. water, apple juice, ginger ale) up to **2 hours** prior to your arrival time
- You will be given instructions by your Surgeon, Anesthetist or Pre-operative Nurse about which medication(s) you can take, and which are to be held prior to surgery. **Please follow those instructions.**
- You may be asked to stop taking supplements (i.e. vitamins, ginkgo biloba, omega 3s, garlic or ginseng) a week prior to surgery. Please confirm with your surgeon's office.
- Do not smoke or vape for at least 24 hours before your surgery. The hospital can provide you with smoking cessation support (if required)
- Do not drink alcohol or use cannabis for at least 24 hours before surgery
- Do not drive your car to the hospital the day of surgery. You must arrange for a responsible adult to drive you home after discharge. **Your driver must be available for the entire day of your surgery.**
- Complete skin preparation (as on page 5, if applicable)

Please notify the hospital if you become ill leading up to your surgery or have any open wounds around the surgical site.

Almonte General Hospital: (613) 256-2514 x2212

Carleton Place and District Memorial Hospital: 613-253-3803



Skin Preparation (if applicable)

- Stop shaving the operative area 7 days before your surgery date.
 1. Shaving can cause tiny nicks in the skin that may allow germs to enter your body and cause an infection.
 2. **Do not use bath scents, powders, or body lotions**
- You may be advised at your pre-operative appointment to purchase chlorhexidine soap from your local drug store. **If you are advised to complete the skin preparation:**
 1. Wash your entire body with the chlorhexidine soap in the shower or bath the night before your scheduled surgery
 2. Repeat a second wash with the chlorhexidine soap in the shower or bath on the morning of surgery

What to Expect on the Day of Surgery

- Please report to the Patient Registration Desk with your health card. You will be asked to wait in the waiting room
- A nurse will accompany you to the Day Surgery Unit
- A nurse will direct you to change into a hospital gown and complete your preparation for surgery
- You will have an intravenous (IV) inserted
- The Surgeon, Anesthetist and Operating Room (OR) Nurse will see you prior to surgery to confirm all of your information and answer any questions you may have prior to going into the Operating Room
- If you experience a monthly menstrual period, expect to provide a urine specimen for a pregnancy test before surgery



Pick up Information

- Please remind your adult designated driver to be available for the **entire day** of your procedure.
- Please ensure that your designated driver is reachable by phone for the nurse to indicate pick-up time.
- Please ask your designated driver to remain close to the hospital.

Almonte General Hospital:

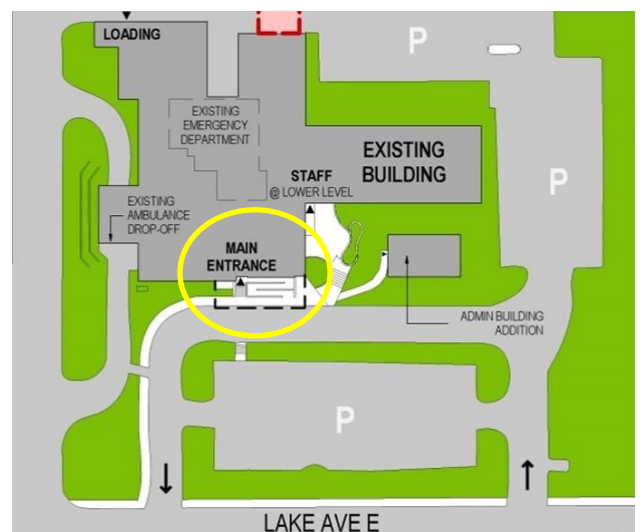
Please park your car beside the “C” entrance at the designated pick-up time. Call 613-256-2500 x2212 to let us know you have arrived



Carleton Place & District Memorial Hospital:

Please park your car in a designated space on the ramp at the main hospital entrance. Call 613-257-2200 x171 to advise you have arrived.

- CPDMH has a visitor parking lot located in front of the hospital, to exit the machine accepts One and Two dollar coins





What to Expect after your Surgery

- After surgery, you will be transported to the recovery room (post-anesthetic care unit) for monitoring of your vital signs (blood pressure, pulse, oxygen level, etc) and your operative site
- You will still have an intravenous (IV)
 - The IV will be removed before you are discharged home
- You may temporarily have an oxygen mask placed on your face
- If you have any pain or nausea, inform your nurse. You will be given medication as needed
- If you are being admitted to hospital: you will be transferred to your room when it is safe to do so. Your belongings will accompany you to your room. Your family will be able to visit once you have been transferred to your room
- If you are a day surgery patient: your designated driver will be contacted by your nurse to advise them of when you will be ready to be discharged
- You will be given complete post-operative instructions before you leave the hospital
 - Post-operative instructions include signs and symptoms to watch for as you recover from surgery, post-operative wound care, pain management, and when to resume taking pre-operative medications



General Post-Operative Instructions

We want your recovery to be safe and as comfortable as possible. For this reason, we suggest you comply with the following advice:

- **You must be accompanied home by a responsible adult who should remain with you for 24 hours**
- Your surgeon will instruct you as to when you can drive a car or operate machinery. In the absence of a surgeon's instruction do not drive or operate machinery for at least 24 hours after the procedure
- Activity requiring full concentration should be limited for 24 hours (i.e. making important personal or business decisions) as mental alertness may not return for several hours
- Avoid smoking. If possible, quit or reduce smoking to improve your recovery and minimize post-operative complications
- Alcohol should be avoided for at least 24 hours following your procedure.
- You should eat lightly for the first meal following your procedure
- Plan to "take it easy" for a day or two following your procedure
- For any post-operative pain or nausea, please follow instructions given to you on the day of your procedure (i.e. prescription provided or over the counter medications suggested)
- **If you have any issues or concerns after your surgery, please contact your surgeon's office.**
 - If you are unable to contact your surgeon, or delegate, **please present to the nearest Emergency Department**



Post-Operative Exercises

You may be drowsy after the surgery. As you become more alert, you are encouraged to do the following exercises:

- **Leg Exercises:**
 - Flex your ankle up and down (point your toes towards your head, then towards the foot of the bed).
 - Rotate your ankles in circles 5 times
 - **Repeat these 4-5 times a day until you are walking around**
- **Deep breathing and coughing exercises**
 - Take a deep breath in through your nose and blow out through your mouth. Repeat this 3 times. After the third breath, cough 2 to 3 times.
 - **Repeat these every 2 hours for the first day and every 4 hours for the next 1-2 days**

Post-Operative Wound Care

Please follow any instructions given by your surgeon regarding post-operative wound dressings.

- Keep your dressing dry until your surgeon instructs otherwise
- If you have a cast or splint, elevate the limb for 24 hours
- **Notify your surgeon immediately** if you notice excessive bleeding, excessive pain, swelling, severe discoloration or a fever of 38°C or higher
- **If you are unable to reach your surgeon, please visit the nearest Emergency Department for assessment**



Post-Operative Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis (DVT) is a blood clot in a deep vein and is a major health concern that should be discussed with your physician. You may be at risk for developing a DVT for any of the following reasons:

- Recent surgery
- Immobility
- Previous DVT
- Problems with circulation
- Obesity
- Increasing age
- Acute medical illness

DVTs most commonly occur in the legs, usually the calf. Signs and symptoms to watch for include:

- Calf pain or swelling, redness or discoloration
- A knot in the calf that you can feel and that is warm to touch
- Fever, shortness of breath, rapid heart rate or chest pain
- **If you experience any of these symptoms go to the nearest Emergency Department or call 911 for immediate assistance**

Feedback

We hope you had a positive surgical experience and would like to hear from you! Feedback can be provided to:

Almonte General Hospital Patient Relations: agh.info@mrha.ca

Carleton Place and District Memorial Hospital Patient Relations: cpdmh.info@mrha.ca



Notes:
