

Flying after surgery

If you were planning a holiday soon after your surgery please discuss this with us. After some operations it is advisable to delay flying as there may be an increased risk of developing a deep vein thrombosis (blood clot in the leg). Your doctor or pre-op nurse will be able to advise you.

What if you have problems or questions?

Please speak to the nurse in charge first. If you do not feel able to do this, there is always a senior nurse or manager on site who can help you. If you are still dissatisfied please ask someone to contact the Patient and Customer Services (PCS) for you. PCS will offer you advice and support, and help sort out any problems.

GOING HOME

You should arrange for a responsible adult to drive you home from the hospital, and to remain with you for the next 24 hours if you had your operation as a day case, or for the rest of the day you go home, if you were in hospital for a longer time.

If you do not arrange this before you come in, your surgery may be cancelled.

If for any reason you cannot arrange to be accompanied after surgery, you must contact the waiting list office on the number below, to let them know.

Sometimes your doctor will come and see you before you go home, but this is not always the case. The ward nurse will be able to advise you.

If you are going home from a main ward, you may be transferred to the Transfer Unit to complete your discharge and wait for your transport.

Before you leave, you will be given information and instructions about removal of stitches, dressings, painkillers, other medication and how to deal with any problems after your operation. You will be given an outpatient appointment if this is necessary.

Please note: If you require simple painkillers following your surgery (paracetamol, ibuprofen, co-codamol), the hospital will not supply these. These can be purchased over the counter, and you must ensure you have a supply of painkillers at home before coming in for your surgery.

CONTACT US

Before Surgery:

Pre-op Nurse **0161 419 5684**

(Name) _____

Waiting List Office **0161 419** _____

(Name) _____

After Surgery:

For all Surgical patients the point of contact for advice is ward SAU / C3 on **0161 419 5234**.

For all Orthopaedic patients the point of contact is the ward you were discharged from.

D1: 4143 D2: 4022 D4: 4455 M4: 4531

If you are still concerned you may wish to contact your GP or attend the A&E dept.

In particular, seek advice if you experience any of the following:

Continuous bleeding

Severe pain

Excessive swelling around the operation wound

If you require the leaflet in large print, another language, an audio tape or braille, Please contact:

Patient and Customer Services

Tel: 0161 419 5678 Email: PCS@stockport.nhs.uk

HAVING AN OPERATION

SURGERY

Patient Information Leaflet

PLEASE READ THIS LEAFLET CAREFULLY

It contains important information about your admission. Failure to follow instructions in this leaflet may lead to a delay in your treatment.

PRE-OPERATIVE ASSESSMENT

You will now have had your pre-operative assessment, and will have answered questions about your current and past health, as well as all the medications, vitamins and herbal supplements you take. At your appointment you may have had some tests. We will only contact you about these if we need to discuss them further.

You should also have been given information on:

- Whether you need to stop eating and drinking in the hours before your operation
- Whether you should stop taking your usual medications before going into hospital
- Whether you'll need to stay in hospital overnight and, if so, for how long

All of this will depend upon the type of surgery you are having.

WAITING FOR SURGERY

You will now be placed on a waiting list for surgery, providing all of your test results are normal. You will be contacted by a member of the waiting list team when a date for your operation is available. The waiting time will vary dependent upon the urgency of your operation and your individual consultant's workload.

Whilst you are waiting for your operation, you must contact the hospital if any of your circumstances change. This includes a change in your general health, or change in your medication. Failure to do so may result in a delay in your operation taking place.

CANCELLING AND REARRANGING

If you're unable to attend on the date planned for you or you don't feel well enough to have your operation, let the waiting list team know as soon as possible. Your admission will be rearranged for another day.

Let your pre-op nurse know if you develop a **cough, cold** or fever in the two weeks before surgery. They will advise whether your operation can go ahead.

TRAVELLING TO AND FROM HOSPITAL

Think about how you will get to the hospital and back again. You may be able to get to hospital on your own, but you will need to arrange transport or ask a friend or relative to collect you. You will also need to arrange someone to be with you overnight if you are going home on the same day as your operation.

If you have not arranged these things in advance, we may not be able to proceed with your surgery.

WHAT TO PACK FOR HOSPITAL

If you are only booked into hospital for the day, you need bring very little with you. We would like you to bring only your reading glasses, your current medication, and a dressing gown and slippers. You may want to bring something to read, in case there is a wait before you go to the operating theatre.

If you're staying in hospital overnight, you must bring any medication that you normally take in its original packaging.

You may also wish to pack:

- A nightdress or pyjamas
- Day clothes
- Reading glasses, if worn
- Clean underwear
- Dressing gown and flat, sensible slippers
- Small hand towel
- Toiletries – soap, toothbrush, toothpaste, shampoo, deodorant
- Sanitary towels or tampons
- Razor and shaving materials
- Comb or hairbrush
- Book or magazines
- Notebook and pen
- Important phone numbers, including your GP's contact details

There is very little storage space on the wards, so we ask that you keep to the above list, and **pack a small piece of hand luggage only.**

If you require a longer stay in hospital, your family can bring more belongings at a later time.

Please leave **all** valuables at home. You will be responsible for all your property (including money and jewellery), which is not handed over for safe custody.

The Trust will not accept responsibility or liability for any lost or damaged patients' property under any circumstances unless it has been handed in for safe keeping and signed for by a member of staff

MAKE-UP / NAILS / JEWELLERY

You'll need to remove all make-up and nail polish before your operation, as the doctors will need to see your skin and nails to make sure your blood circulation is healthy.

This can also help reduce the chance of unwanted bacteria being brought into the hospital.

Please remove **all** jewellery and leave it at home. If you have any body piercings, these should also be removed. If this is likely to pose a problem, please discuss it with your pre-op nurse.

COMING IN FOR YOUR SURGERY

Before you come in for surgery, we advise that you have a bath or a shower, either on the day you are coming in, or the day before.

Please **DO NOT** shave or attempt to remove any hair from the area that you are having surgery.

When you arrive you may be asked to wait in the reception area for a short time. Your arrival time is **not** the time of your operation. There will be other patients waiting for the same operating list, and also other operating lists.

GENERAL INFORMATION

Privacy and dignity

Our day and short stay surgical wards care for both men and women. They do however have separate bays for male and female patients, and separate toilet and washing facilities for men and women.

Smoking is not allowed anywhere in the hospital or hospital grounds. Electronic cigarettes are also not permitted.

More information overleaf...