

DAY SURGERY – Kingston Health Sciences Centre

The day before your surgery or procedure

- You will receive a call from the hospital the evening before your operation to tell you what time to arrive at the Day Surgery department the next day. If you have not received a call **by 4:00pm** that evening, please call:
 - (613) 544-3400 ext. 23206** if your surgery is at the Hotel Dieu Hospital (HDH) site, or
 - (613) 549-6666 ext. 67820** if your surgery is at the Kingston General Hospital (KGH) site.
- If you develop a sore throat, fever, head cold, flu or a cold sore a day or two before your operation or procedure, please call your surgeon. Your surgery may have to be delayed until you are feeling better.

Fasting guidelines

- Do not** eat anything solid or drink milk after midnight. **However**, you may have clear fluids only, up to 3 hours before surgery (water, apple juice, black coffee/tea, Coke or Gingerale) then take nothing by mouth until after your surgery.
- Children** can have clear fluids up to 1 hour before surgery.
- Breast-fed infants** can be fed breast milk up to 4 hours before surgery.
- Formula-fed infants** can be fed formula up to 6 hours before surgery.

If these fasting guidelines are not strictly followed, your surgery may be postponed or cancelled.

On the day of your surgery or procedure

- Please bring with you:** Your health card and any other hospitalization insurance that is applicable. Bring your CPAP machine with you if you use one.
- Please bring with you in their original labeled containers:** All of your current medications, including Insulin and/or Diabetes pills. If you use inhalers (puffers) of any kind, please bring all of them, even if you are not currently using them. If you use nitroglycerine spray or tablets please bring this with you.

Important points

If these instructions are not followed, your surgery or procedure may have to be postponed or cancelled.

- KHSC requires that you establish a plan for supervised transportation home from the hospital as well as for **an adult to stay with you for 24 hours** after your upcoming surgery.
- If you do not have family/friends that are available to help with this, please visit www.southeasthealthline.ca or call 211 to be connected with available resources.
- Children must be accompanied to the hospital by their parent or legal guardian.
- Do not** bring any valuables or large sums of money with you to the hospital. The hospital is not responsible for lost or stolen articles.
- Do not** wear make-up, jewelry (including wedding band), nail polish, or contact lenses. Please leave these things at home unless absolutely necessary.

- **Please shower or bathe** prior to coming to the hospital. Do not use scented products. If special soap is required you will be notified by your surgeon or during your Pre-Surgical Screening appointment.
- Our hospital is a **scent-safe** environment. Please refrain from wearing scented products when coming to the hospital.

After your surgery or procedure

- **You must not drive** home from the hospital. You **must have an established a plan for supervised transportation home from the hospital** as well as for **an adult to stay with you for 24 hours** in case you need help if there are any post-operative problems. **These arrangements must be made prior to your surgery, or your surgery may need to be postponed or cancelled.**
- **Do not drive** a motorized vehicle or operate any machinery or tools for at least 24 hours after your discharge from hospital.
- After a general anesthetic, return home to rest. You will be very drowsy. You may feel tired and achy the next day, depending on your anesthetic.
- **Do not drink alcohol** for at least 24 hours.
- If you take medication(s) regularly, please ask your doctor about taking them after surgery (such as heart pills or diabetic medicine, etc.).
- Ask your doctor when you will be able to return to work.
- A follow-up appointment will be made for you on discharge.

Post-operative complications

- Verbal and written instructions for post-operative care will be reviewed with you by a member of the health care team before you are discharged home.
- Make sure that you understand these instructions before you leave. If you have any questions or concerns once you are at home, please call your doctor (surgeon or family doctor) OR go to the Urgent Care Centre at Hotel Dieu Hospital (open at 8:00 a.m. daily) or to the nearest Emergency Department.

How do I get to the Day Surgery Unit?

If your surgery is at the Hotel Dieu Hospital (HDH) site:

- Enter HDH by the Brock Street Main entrance.
- Take the main elevators to the 2nd floor and turn right.
- Report to the receptionist in the Day Surgery Office on Jeanne Mance 2.

If your surgery is at the Kingston General Hospital (KGH) site:

- Enter KGH by the Stuart Street Main entrance.
- Take the **Connell wing** elevators to the 2nd floor and turn right.
- Report to the receptionist in the Same Day Surgery Unit on Connell 2.

If you are going to the Ablation Clinic (KGH site):

- Enter KGH by Stuart Street Main entrance.
- Go to **Armstrong Wing** to check in.
- Take Kidd wing elevators to the third floor.