

Having a day surgery procedure

Information for patients and carers

Day surgery means you come in and go home on the same day as your surgery. You do not stay in hospital overnight.

Please take some time to read this leaflet. It aims to make coming in for your day surgery as comfortable and as safe as possible. It has important information about:

- how to prepare for your treatment
- what to expect while you are with us
- your discharge home
- the responsibilities of your carer or escort – the responsible person who is going to take you home and look after you if you need support after your procedure.

You may be invited for day surgery at any of our hospital sites.

You can find details about attending or contacting each site on the Trust website: www.kch.nhs.uk

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your name and date of birth and check your ID band. If you do not have an ID band we will also ask you to confirm your address. If we do not ask these questions, then please ask us to check. Ensuring your safety is our primary concern.

Before surgery

How to prepare for surgery

1. Follow the fasting instructions on page three of this leaflet.
2. Do not drink alcohol for 24 hours before coming in for your procedure.
3. Do not smoke for 24 hours before surgery. If this is not possible, please smoke less.
4. Remove nail varnish and false nails.
5. Remove all jewellery
6. Do not use aerosol deodorant /or hair products including mousse/gel /hairspray or make up before coming in for your procedure.
7. Have a shower and/or wash your hair before you come in.

Please remember to:

- arrange for a responsible adult to escort you home by taxi or car, not by public transport
- arrange for a responsible adult to look after you after your procedure
- let us know the contact number of the responsible adult who is going to take you home, so we can contact them if we need to
- arrange childcare for your children.

Please bring with you:

- any tablets, medicines or inhalers that you are taking or using
- something to help you pass the time, such as a book, magazine, crossword or knitting
- your glasses/contact lenses and case
- a dental pot for your false teeth if you wear them.

For your own comfort, you may like to bring a dressing gown, slippers and toiletries to freshen up after your surgery. But please bring only essential items with you to hospital because we have limited storage space for your belongings.

Valuables

Do not bring in valuables, jewellery, large sums of money, payment cards or electronic devices.

Mobile phones

You can use your mobile phone for essential calls only. Please keep it on silent mode at all times.

COVID-19

Generally you will **not** need to have a COVID-19 test before you come in for your day surgery. But there may be some situations in which you will need to have a negative swab to attend. This involves having:

- a negative COVID-19 PCR swab no more than 72 hours before coming in; or
- a lateral flow test (LFT) when you arrive at the Day Surgery Unit.

The type of test you have depends on which Trust site you are having your surgery. The admissions team will let you know which test you need when they offer you your surgery date.

Fasting instructions for the day of surgery

For patients having general anaesthetic or sedation

It is very important to follow all the fasting instructions. If you do not, we may have to cancel your procedure on the day.

Eat and drink before your operation, until the times shown below, because this will keep you hydrated and reduce your chance of sickness after your operation.

Morning surgery

If you have been asked to arrive between 6.30 and 8.30am, you are on the morning operating list.

Have a late snack such as tea and toast before you go to bed. **Do not eat, chew gum or drink milk or fresh juices from 2am on the day of your surgery.**

After 2am, you can drink the following until 6.30am.

- water
- diluted squash
- black tea or coffee.

Afternoon surgery

If you have been asked to arrive after 10am, you are on the afternoon operating list.

Eat a light breakfast, such as a piece of toast or a small bowl of cereal before 7am on the day of surgery. **Do not eat, chew gum or drink milk or fresh juices after 7am.**

After 7am, you can drink the following until two hours before your admission time:

- water
- diluted squash
- black tea or coffee.

Have a glass of water before you leave home if it is before 11.30am.

If you are diabetic

If your blood sugars drop after you stop eating, please have a drink of non-sugar-free fruit juice such as clear apple juice without pulp.

Fasting instructions for the day of surgery

For patients having a local anaesthetic

Keep taking all of your usual medications with a small sip of water before 5.30am, unless the nurse at your pre-assessment has told you otherwise.

Have a light meal such a toast, cereal, sandwich or soup two hours before your appointment time.

What to expect during your stay

How long will I have to wait for my procedure once I arrive?

We do not decide the order of the operating list until the day you are admitted and you might have to wait some time before you have your procedure.

How long will I be in the Day Surgery Unit?

You should expect to be here for about four – six hours, depending on the type of procedure you are having and how long you are on the ward afterwards.

Will I be on a single-sex ward?

Our open-plan wards are single sex. The bed spaces are separated by curtains to give you some privacy. If you would like to discuss your treatment in a more private place, please ask a senior member of staff.

Can someone stay with me during my visit?

Unfortunately, your relative/friend will not be able to go with you beyond reception.

Patients with carers

The pre-admission assessment nurse will let you know if they think it would be useful for you to have one of your carers with you. Carers can stay during your visit if you need them for support on the day; for example, if you have a learning disability or dementia.

How will my escort know when to come and collect me?

The ward will call your escort when you are ready to leave hospital. Please ask your family and friends not to call to check how you are. If they have not been contacted, it simply means we are not yet ready to discharge you. Most patients will be with us for four – six hours, sometimes longer.

What happens before my procedure?

- We will ask you to arrive for your procedure at a set time. **This is your arrival time but it is not your surgery time.** We need to do a number of things before you have your procedure and not every patient can be first on the list.
- You will be taken through to the ward by a member of staff.
- They will give you a hospital identity bracelet to wear. This has your name and details on it. If you are allergic to anything such as certain foods, medications or latex, please tell the nurse and they will give you a red bracelet.
- You must wear the identity bracelet all the time you are in the Day Surgery Unit. It is an important part of our safety procedure and helps us to do things such as checking that you are given the right medicines.
- The nurse may weigh you and they will take your temperature and blood pressure. If needed, you will be given special stockings to wear. These help prevent you from getting blood clots (DVTs) in your legs.

- The nurse will ask you to put on a cotton hospital gown. Depending on the procedure you are having, you can keep your underpants on.
- Please let us know if your religion requires you to keep your head covered.
- The nurse will ask you to remove all jewellery, body piercings and contact lenses. You can keep your wedding ring on; this will be covered with tape. You can wear your hearing aids, if needed.

Who will I meet on the ward?

- **Surgeon:** they will explain your procedure and ask you to sign your consent form. If you are having an operation on a particular part of your body, they may use a pen to mark it with an arrow.
- **Anaesthetist:** they will explain what type of anaesthetic you will be having and what to expect before and after your surgery.

It can sometimes help to have a list of questions ready because on the day it can be easy to forget what you want to ask.

All of our patients are important to us and we will always make time for you. Please feel free to ask questions at any time and tell us if anything is troubling you.

Consent

We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain the risks, benefits and alternatives before they ask you to sign the consent form. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to speak with a senior member of staff again.

What happens after my procedure?

If you had a general anaesthetic

You will be taken to the recovery area, where you will start to wake up. Your pulse and blood pressure will be taken regularly and someone will be watching over you.

At first you may feel drowsy. You may also feel sick and, depending on the type of procedure you have had, you may feel a bit sore around the site of your operation. You may also have a slightly sore throat because you had a tube put in to help you breathe while you were asleep.

You may also feel dizzy and lightheaded after your surgery. This is caused by the general anaesthetic and the feeling might not go away completely until the next morning, after a night's sleep. Do not worry about this feeling when we ask you to get up and get dressed. It is completely normal and does not mean you are not ready for discharge.

How long it takes to recover varies depending on the type of surgery you have had and how you feel. The nurse will advise you when it is safe for you to leave. Most patients stay on the ward for a very short time after their operation.

Once you are back on the ward we will make sure you are comfortable and happy. You can have something to eat and drink and then you will be discharged.

You will be discharged by the nursing team in day surgery. You do not usually see the doctor after your operation.

If you had a local anaesthetic

You will be taken back to the ward area after your procedure. We will offer you a hot drink and biscuits before you go home.

Going home

Discharge letter

We will give you a copy of your discharge letter. Your GP will also be sent a copy.

We will give you written discharge advice to take home with you after your procedure. If you, your relative or friend have any questions, please speak to one of our nurses before you leave for home.

Transport home

If you have had a general anaesthetic, a responsible adult must escort you home by car or taxi. You must not travel by public transport.

Your medicines

We do not provide paracetamol or ibuprofen painkiller tablets to take home with you, so please make sure you have a supply of your normal pain relief at home.

If we prescribe you any tablets or medicines, we usually give you enough for three – seven days. If you need to continue treatment, we will advise you to contact your GP to arrange this. The letter to your GP will contain details of the medications we have given to you.

Follow-up outpatient appointment

If you need an outpatient appointment after your procedure, we will either give you an appointment date and time before you leave or post the appointment letter to you.

When you get home

You may feel tired, so only do as much as you feel able. Please follow the advice we give you about taking your prescribed medication, including painkillers.

If you had a general anaesthetic:

- do not use machinery or drive a car for the first 48 hours
- drink plenty of fluids and eat light meals but do not drink any alcohol for at least 24 hours
- do not make any important decisions or sign any contracts for at least 24 hours.

If you have had a local anaesthetic:

- we will advise you when it is safe to drive a car or use machinery and when it is safe to start drinking alcohol
- drink plenty of fluids and eat light meals.

Advice for carers

Before your surgery, your carer may find it useful to read the Royal College of Anaesthetists' leaflet, 'Caring for someone recovering from a general anaesthetic or sedation'. You can download it from their website, <https://rcoa.ac.uk>

Tell us what you think about our service

We welcome your views on what you like about our service and what we could do better.

Our How Are We Doing survey helps us to improve our service for you and other patients, so please fill one in before you leave the Day Surgery Unit. You can also complete it online on our website, www.kch.nhs.net. Search for 'Have your say'.

If you have a comment, suggestion or complaint while you are at one of our Day Surgery Units, please talk to one of our members of staff and they will try to sort things out as quickly as possible.

If you are still not satisfied, or if you want to discuss an issue after you have left the hospital, contact the Patient Advice and Liaison Service (PALS).

Our staff will treat you and your visitors with respect and courtesy at all times. In turn, they expect to be able to carry out their duties without fear of verbal, physical or racial harassment or abuse. We will not tolerate unacceptable behaviour and we may refuse treatment or ask you to leave.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 3601

Email: kch-tr.palsdh@nhs.net

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6

8ND Tel: 01689 863252

Email: kch-tr.palspruh@nhs.net

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net