

## PreOp Check list

If your surgery is being done at **Hotel Dieu Hospital (HDH)**, you will receive a phone call from HDH between 2 pm and 5 pm the Friday before your operation (on the Monday). You will be asked to arrive at the hospital 1 ½ to 2 hours prior to surgery. No messages will be left on answering machines or voicemail.

If your surgery is being done at **Kingston General Hospital (KGH)**, you will receive a telephone call from KGH the day before your surgery. You will be told the time that your operation is scheduled for. On the day of your surgery, you will be asked to arrive at the hospital 1½ to 2 hours prior to surgery.

Your surgery may be cancelled if you have:

an active infection anywhere in your body, a skin infection over the joint, a sore throat, fever, head cold, flu or a cold sore.

**If any of these occur a day or two before surgery call your surgeon.**

**Your surgery may also be delayed or cancelled if you do not have a discharge plan and supports in place.**

### On the night before surgery:

- You **must not** eat any solid foods after midnight.
- Do not drink alcohol for 24 hours prior to surgery.
- Try to avoid smoking for 24 hours prior to surgery, or longer if possible.
- You may take water up until 4 hours before surgery.
- If you eat anything after midnight, or drink any fluids during the 4 hours before your operation, your operation will be cancelled.
- It is important that you do not have anything in your stomach when you have an anesthetic. Your doctor will tell you if any of your regular medication should be taken the morning of your operation. Be sure to take it with just a sip of water.
- You should have a shower the night before and the morning of your surgery and wash yourself with the soap brush provided. This helps decontaminate the skin of bacteria that can cause wound infections. The importance of this has been shown to reduce the risk of getting a wound infection. (At the Pre-Surgical Screening visit you will be provided with two chlorhexidine scrub brushes with instructions on how to use them.)

## THE DAY OF SURGERY

On the day of surgery please follow these instructions:

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**If your surgery is being done at Hotel Dieu Hospital**, on the day of surgery report to the Day Surgery Unit on the second floor at HDH. Ask for directions at the Information Desk in the Main Lobby, Brock St. entrance.

**If your surgery is being done at Kingston General Hospital**, on the day of surgery report to the Same Day Admission Center on the second floor at KGH. Ask for directions at the Information Desk in the Main Lobby, Davies entrance.

Please bring the following with you to the hospital:

- Your Ontario Health Card.
- Any other private insurance cards.
- All your current medications in their original containers, including Insulin and/or Diabetic 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 nitro-glycerine spray or tablets please bring this with you. You should include any herbal or non-prescription medications.
- **Your hearing aid(s) if you have one, dentures (including containers for each).**
- A housecoat and slippers.
- Do not bring any valuables to the hospital (including cell phones, laptops, DVD players, IPODs).
- Unless you are told otherwise, do not bring your walker to the hospital. One will be provided for you.
- If you have a pair of crutches, please label and bring them to hospital with you. If you do not have any crutches, you can purchase them from the hospital.
- Please label and bring your long handled shoe horn, and sock aid to practice with after your surgery.

**You will be reminded before your surgery regarding the following:**

- Remove any dentures. Tell the nurse or anesthesiologist if you have capped teeth, a dental bridge or dental plate.
- Do not wear make-up or nail polish. The doctor must be able to see the colour of your skin and nails during the surgery.
- Refrain from wearing perfume, cologne or scented personal care products.
- Try not to wear jewelry, including rings to the hospital.
- Remove contact lenses.

## YOUR HOSPITAL STAY

- When you arrive at the hospital the day of your operation the nurse prepares you for your surgery.
- All personal clothing will be removed and you will be dressed in a hospital gown and a hair net provided. No personal items, clothing or jewellery are allowed in the operating room.
- An intravenous line will be started and any medication needed before surgery will be started at this time.
- The anesthesiologist will speak to you again about the type of anesthetic you will receive, and about your choices for pain management after surgery
- Any questions you and your family have will be addressed.
- You will then be transferred to the Operating Room.

- > Any questions you and your family have will be addressed.
- > You will then be transferred to the Operating Room.
- > Once surgery is completed, you will go to the Post-Anesthetic Care Unit, also called the Recovery Room. Then you go to a hospital room.

## Summary Pre-Op Check List:

- Health Card
- Private insurance cards
- All medications in their original containers
- Hearing aids
- Dentures and containers
- house coat, slippers, loose clothing, toiletries (if staying over)
- **DO NOT** bring valuables, remove all jewellery

**DO NOT** bring aids unless instructed to do so