Pre-operative instructions for general and monitored anesthetic procedures

Dear Patient,

Welcome to Victoria Surgery. Your surgery has been scheduled to be performed at our facility. We would like to take this opportunity to make sure that your stay with us is as pleasant as possible. Please review the following instructions to prepare for your upcoming surgery.

Patient to complete and return the following forms as soon as possible
Lab testing may be required based on information provided, ensure all forms are completed and returned promptly

1. Physician History – you will need to see your family doctor or go to a walk-in clinic as soon as possible to have this form completed and faxed to 250-595-1518.
2. Patient Questionnaire: Patient to complete and return to Victoria Surgery as soon as possible via mail, fax or dropped off in person.
3. Lab requisition: A laboratory requisition may be enclosed. Please take it to an outpatient laboratory, Lifelabs or VIHA (Island Health authority outpatient lab) as soon as possible. If you have recently had lab work carried out please contact us.

Pre-operative Instructions

- No solid food, candy/gum after midnight the night before your surgery. Nothing but water to drink after midnight, up to 4 hours prior to your surgery. You may have 1 cup of water 4 hours prior to surgery and nothing following.
- Do not wear make-up, perfume or nail polish (any form of artificial nails or nail color), or any jewelry.
- Glasses/contact lenses must be removed before surgery, please bring your case, and reading glasses.
- Please wear loose and comfortable clothing with a zipper or button top.
- Partial dentures will need to be removed so please bring your case.
- Please leave valuables at home.
- For optimum healing stop smoking for two months prior to and following your procedure.
- If your surgery requires use of ice packs during your recovery, please have ice packs in your freezer for when you get home.
- For knee/ankle/foot surgery; you will need crutches. If unsure please call your surgeon.
- Notify your surgeon and Victoria Surgery as soon as possible if you are developing cold or flu like symptoms.

Medications

- Medications for cardiac conditions, high blood pressure and asthma should be taken at the usual time, with a sip of water.

- Do not take the following medications 7 days prior to your surgery:
  - Nonsteroidal anti-inflammatory drugs (NSAIDs) such as: Advil, Arthrotec, Diclofenac, Ibuprofen, Motrin, Naprosyn, Naproxen, Surgam, Toradol or Voltaren.
  - Acetylsalicylic acid (ASA) medications such as: Aspirin, Bufferin, Dristan, Entrophen, Excedrin (low dose ASA 81mg is ok).
  - All herbal medications and dietary/nutritional supplements must be stopped.

We will contact you 5 – 7 days prior to your surgery date with an arrival time, and to review your pre-operative instructions.
Pre-surgical scrub

- For head, face, mouth, neck procedures: take a thorough shower with your regular cleansing products the morning of your procedure, rinse well, wear clean clothing, do not apply body or hair care products after.
- For vein, hernia, genital, anal, gynecological procedures: You will need to purchase two Povidone Iodine scrubs from a pharmacy or drug store. Take a thorough shower with your regular cleansing products the evening before your procedure, rinse well. Use povidone scrub to wash the surgical area thoroughly. Allow soap to sit for 1-2 min, rinse off. Dry with clean towel. Repeat the entire process the morning of your procedure. Wear clean clothing. Do not apply body or hair care products after. **Warning: Do not use Povidone Iodine if you have an allergy to iodine or shellfish. This product can stain please take appropriate precautions.**
- For all other procedures: You will need to purchase two 3% or 4% Chloroxylenol (PCMX) scrubs from a pharmacy or drug store (if unable to find please purchase Chlorhexidine). Take a thorough shower with your regular cleansing products the evening before your procedure, rinse well. Use a Chloroxylenol scrub to wash the surgical area thoroughly. Allow soap to sit for 1-2 min, rinse off. Dry with clean towel. Repeat the entire process the morning of your procedure. Wear clean clothing. Do not apply body or hair care products after. **Warning: Do not use this product near broken skin, mucus membranes, eyes, and ears, genital or anal areas.**

Consent

If you are 18 years old or younger, you must have parental or legal guardian co-sign your consent prior to your procedure, so they must accompany you to your surgery.

Discharge Instructions

- If you receive a general anesthetic or any form of sedation, you must be accompanied by a responsible adult when leaving the clinic and for 24 hours after surgery. Please arrange this prior to your surgery date; this person’s details will be required during your admission to the Surgery. There are no exceptions to this rule. They may either drive you home or accompany you in a taxi. The bus is not an acceptable form of transportation.
- You will be discharged via the underground parkade which is accessed via Larch Street. Please have your ride park in the designated parking space underground and come up in the elevator to the third floor.
- Patients’ duration of stay in recovery varies. The discharge time is completely dependent on the type of surgery and the individual patient’s status. The recovery room nurse will call the ride once the patient is resting in recovery. At this time the nurse will inform the ride of a pick-up time. The person collecting you at discharge must be available to pick you up at any time after your surgery.
- Overnight patients – Your ride should arrive at 7:30am but be aware that occasionally there is a delay of up to an hour before the patient is ready to leave. Instructions will be reviewed at this time.
- Your ride home will be given detailed post-operative instructions.

Please note your surgery will be cancelled if you do not have a ride home and a responsible adult with you for 24hrs after the surgery.

Victoria Surgery collects personal information to ensure that our care is maintained at the highest standard. We will contact you at 1 day, 10 days and 1 month after your procedure to ask you some questions, but if unable to reach you we will leave a message. **If you are diagnosed with an infection related to your surgery or have any hospital admission within 28 days after your procedure please notify Victoria Surgery. This feedback is important for us to maintain the highest quality of care.**