

Welcome to the Wollongong Day Surgery

Things to arrange prior to the day of your surgery

- Time off work or school – your surgeon will have advised you regarding how much time you will need to take off work or school.
NB: You should not drive a vehicle for 24 hours after having an anaesthetic.
- If you are a carer for children or other family you will need to arrange alternative care for that person for 24 hours after your surgery.
- Arrange for a responsible adult to pick you up from the Day Surgery – for your safety it is not suitable to go home in a taxi unaccompanied after an anaesthetic. Your surgery may be cancelled if you do not have appropriate arrangements.
- If you need to cease any prescription medications prior to your surgery you will be advised by the preadmission nurse, either in person when you book in, or by phone.
- Cease **over counter supplements** 2 weeks prior to surgery.
- We are a non-smoking facility. If you are a smoker, please avoid smoking at least 24 hours before the procedure. Please consult your GP if you have concerns and require nicotine replacement therapy for your procedure.
- Make sure you read through all the information provided and contact the Day Surgery if you have any questions at all. Our contact phone number is 4226 6955.

On the day of your surgery

- Wear loose comfortable clothing and remove jewellery, make up and nail polish – this includes shellac and artificial nails.
- We have limited storage in the day surgery unit, so please limit the amount of personal belongings and valuables you bring with you on the day to avoid unnecessary loss or damage to items.
- Have a shower or bath prior to admission.
- Don't use body lotions or perfume as this can interfere with some medical equipment such as ECG dots or other monitoring devices.

What to bring

- Contact details for the person who will be picking you up.
- Method of payment for any outstanding fees on the day.
- Insulin, diabetic medications, asthma puffers, and any other medications which need to be taken during your admission.
- Glasses, hearing aids, walking aids, and any other aid that you may need.

PTO

On arrival

- Please present to the reception desk for admission. If you would like to bring a support person with you we ask that you limit that to 1 person.
- A member of the nursing team will take you into the pre op area where you will be prepared for your procedure and meet your anaesthetist.
- Please inform a member of the Day Surgery Staff if there are any significant changes to your health since you last spoke to a team member.
- At the completion of your procedure, you will be transferred to the Post Anaesthetic Recovery Unit where you will stay until you are awake, comfortable and your vital signs are stable. The recovery Nurses will provide you with something to eat and drink and ensure that you have all the necessary discharge information. The Nursing staff will contact the person who is escorting you home so that they can make their way to the day surgery to collect you.

Falls Prevention

Your risk of falls will be assessed by the preadmission nurse before you come into hospital. You would have answered questions about any history of falls and whether you use a walking aid when you filled out your medical history.

What causes people to fall?

- Being unwell and in an unfamiliar place.
- Poor mobility and balance.
- Badly fitting footwear and clothing.
- Urgent need to go to the toilet.
- Medications that cause drowsiness/ dizziness such as anaesthetic or sedation.
- Trip hazards such as mats and clutter.

Top tips for preventing falls in hospital

- Take your time when getting up from sitting or lying down. Let the staff know if you feel unwell or unsteady on your feet. Use stable objects for support.
- Ask for assistance to go to the toilet.
- Use the rails to get off the toilet. If you feel unsafe or unsteady, remain seated, use the call bell and wait for assistance.
- Use your walking aid.
- Wear safe footwear, supportive shoes or slippers that fit you well. No scuffs or thongs. Do not walk in socks or surgical stockings.
- Wear your glasses – keep glasses clean and within easy reach.
- Don't bend down to look for your shoes or belongings, ask someone to help you.

Remember - Preventing falls is also important when you go home; continue to reduce your risk by following the tips above