

PREOPERATIVE TEACHING – PLASTIC SURGERY

Plastic Surgery patients **should not**:

- ✗ Have any food or drink after midnight. This includes water, candy and chewing gum. Can have clear fluids (i.e. tea, water, apple juice, Gatorade) but no milk or sugar; up to 4 hours before arrival for surgery
- ✗ Smoke day of surgery.
- ✗ Drink alcohol 24 hours before surgery.
- ✗ Take recreational drugs for at least 1 week before surgery.
- ✗ Have dental work done 2 weeks prior to and after surgery due to risk of infection.
- ✗ Wear makeup, creams, lotions, perfumes, aftershave, deodorant (breast surgery), jewellery (including piercings), nail polish on fingers or toes, gel nails on the operative limb, contact lenses.
- ✗ Wear a tampon into the OR.

Plastic Surgery patients **should**:

- ✓ Bring Health Care card and photo ID.
- ✓ Shower morning of surgery.
- ✓ Brush teeth, do not swallow water.
- ✓ Take prescription medications as directed the morning of surgery with a sip of water only.
- ✓ Bring medication list from pharmacy or medications in original bottles. INCL tablets, liquids, powders puffers, ointments, patches.
- ✓ Wear loose fitting clothing.
- ✓ Bring personal grooming supplies, reading material, IPod, laptop (no internet access), cell phone (on vibrate please).
- ✓ Put a pillow in the car for support during the ride home.

Day of surgery routine:

- Register at the Admitting desk on arrival (Emergency if arriving before 7:00am). You will then be directed to Acute Care and to your room if staying overnight or into Day Surgery.
- Paperwork will be completed including vital signs, height and weight.
- You'll go into the bathroom to change into a gown, housecoat and slippers (supplied by the Hospital). If applicable, you'll scrub your limb and mark it with a "yes." Your surgeon may come to your room to do markings.
- An Intravenous line (IV) may be initiated.
- Anaesthetists will discuss options for anaesthetic then walk you to the operating room.
- When you arrive in the OR and before anaesthetic is administered, you can expect the Operating Room Team to go over the details of your surgery with you.
- The length of a procedure varies from 20 minutes (Carpal Tunnel Release) to over 3 hours (Abdominoplasty).
- The length of time in recovery is determined by the anaesthetic, usually ½ - 1 hour.
- Once back on the unit, day surgery patients will be kept on the unit from approximately 1/2 - 2 hours, depending on the anaesthetic. You will have vital signs taken, be offered a snack, given discharge instructions and a prescription for pain before you leave. Expect a follow-up phone call the day after surgery.
- If staying overnight, your vital signs, dressings and pain will be monitored. You may receive antibiotics and will receive meals. Drains are removed the morning after surgery. You'll have breakfast, a shower and be able to discharge home any time after 9:00am. Abdominoplasty patients stay on average 2 nights and may go home with drains.
- Please have your ride arrive before 9:00am.

Visiting Hours are from 11:00am – 8:30pm

Rooms are semi-private; please limit your visitors to two at a time.
Please arrange child care outside of the hospital for small children/babies.
If having Day Surgery please ask your driver to wait in our reception area.

A responsible adult must drive you home and should stay with you for the first 24hrs after you arrive home.