

Preparing for day surgery

General questions and what to expect

– By Dr. Myran.

What time do you need to be at the hospital?

The friendly hospital staff will inform you the time you need to be there.

Note – Dr. Myran operates privately through *Waverley Private Hospital*.

How long will you be in hospital?

The length of stay varies from person to person. Once we know that you are well enough to leave, you will be discharged. Most times it is a day procedure, so you would go home the same day.

Preparing for day surgery

- Before surgery, you must not eat or drink anything (including water and chewing gum)
- For morning surgery, do not have anything after midnight
- For afternoon surgery, do not have anything after 7.00am on the day of surgery
- Stop smoking at least 12 hours prior to surgery
- If you are currently taking medications, tell Dr. Myran - It is important that your doctor knows what medications you are taking before any surgery
- If Dr. Myran has approved your medications, and you are due to take them on the day of your surgery, take them with only one mouth full of water
- Avoid taking Aspirin for two weeks before surgery.

Important considerations

1. If you develop a cough or fever in the week before your surgery, please contact Dr. Myran.
2. If you are sexually active you may need to have a pregnancy test depending on the last day of your period prior to your procedure.

What do you need to bring and wear to the hospital?

- Medicare Card
- Health care card, if you have one
- Private Health Insurance card, if you have one
- Any medications that you are taking including non-prescription medications such as herbal medications or vitamins
- Something to read
- Comfortable clothes

Private patients are asked to please settle their hospital account on admission. If you do not have private health insurance card with you, you will need to pay cash, cheque or credit card at the accounts office.

Please do not bring or wear

- Valuables such as jewellery
- Large sums of money
- Contact lenses
- Nail polish
- Make up
- Hair clips/pins

What can you expect?

You will be walked/shown to the operating theatre. After your procedure, you will rest in the recovery area.

The Nursing staff will look after you during this time and offer you refreshments. When you are well enough, you can dress and wait until you are discharged by the medical team.

Your support person, friends or relatives are welcome to wait at the hospital during your stay.

Please note visitors are not permitted into our admission and recovery areas. Please note there is limited space in our waiting room, visitors may wish to spend their time in our coffee shop.

Going home

You will need to arrange for someone to take you home after surgery. You will also need to have someone with you overnight. You will need to collect from the day surgery unit.

After day surgery

For 24 hours following an anaesthetic you should:

- Drive a car
- Operate machinery or electrical appliances
- Drink alcohol
- Sign any legal documents
- Make any major decisions

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Once you are at home - Please follow the Post-operative instructions sheet that we will give you. You may need to return for a follow up appointment, if so information about your appointment will be posted to you.

**If you have any questions, please feel free to call our
friendly administration team:**

1800 255 975

Urgent after hours contact 0466 523 433

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