



A Guide
to Orthopaedic
Day Surgery

panam
CLINIC

Surgical
Centre



Now that you know that you are having surgery, you probably have a lot of questions. You may also have a lot of thoughts and worries running through your head. This is totally normal!

This brochure will hopefully alleviate some of the worries and anxieties you may have and will provide you valuable information on what to expect before, during and after surgery. And if this brochure doesn't answer all your questions, please call the Pan Am Clinic recovery room at 204-925-1549. At the Pan Am Clinic Surgical Centre we want to ensure that you feel as comfortable as you can with your upcoming surgery.

The information in this brochure is for educational purposes. It is not intended to replace the advice, or instruction, of a professional healthcare provider. Contact your surgeon's office with any questions or concerns.

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Medications

You should ask your family doctor about taking your medications. Medications for diabetes (Insulin), blood pressure, heart, breathing problems and blood thinning (Aspirin, Plavix, Coumadin, anti-inflammatory medications such as Advil, Motrin) and anti-depressants may need to be adjusted for surgery.

Expect to take blood pressure and heart medication as usual the morning of your surgery.

Pre-anaesthesia Assessment Clinic (PAC)

If the surgical team believes that you require a Pre-anaesthesia Assessment, you will be contacted by the Pan Am Clinic. This Pre-anaesthesia Assessment will require you to come to the Pan Am Clinic to meet with a nurse and anaesthetist. You will be called 5-10 days prior to your surgery if you require a PAC appointment.

Completing the necessary surgery forms

Before your surgery at your surgical consult, you will receive a series of forms from your surgeon and the surgical office assistant.

These forms include:

- » Preoperative questionnaires
- » Preoperative history and physical form

You are responsible for having these forms completed by your family physician. If you don't have a family physician, a physician at a walk-in clinic can also complete these forms.

Once completed, these forms can be mailed, faxed or dropped off to your surgeon's office, or dropped off at the Pan Am Clinic Orthopaedic desk located on the main floor at the Pan Am Clinic.

These forms must be submitted by the patient at least 3 weeks prior to surgery.

Planning for surgery

- » Arrange for a responsible adult to drive you home after your surgery. You are not allowed to drive yourself home from surgery.
- » Arrange for a responsible adult to stay with you overnight after you go home.
- » If you live more than an hour away from Pan Am Clinic you may want to plan to stay in Winnipeg overnight.

The week before surgery

If you have a fever, rash, sore throat, or any other signs or symptoms of illness, please call your surgeon's office to inform them.

The day before surgery

- » **DO NOT EAT OR DRINK** anything leading up to your surgery starting at midnight the night before your surgery. This includes gum and candy.
- » **HOWEVER, YOU ARE ALLOWED** small amounts (1/2 cup/125 ml) of clear fluids until 2 hours before your arrival for surgery. This includes water, apple juice, coffee or tea without added milk or sugar.
- » **REMEMBER** that it is very dangerous to be sedated or put under general anaesthesia with food or liquid in your stomach.

You should take a bath or shower the evening before or the morning of your surgery.

The day of surgery

Preparing at home

- » Dress in loose comfortable clothes that will be easy to change out of and into after surgery. The clothing should also be able to accommodate bulky bandages.
- » Do not bring contact lenses, but bring reading glasses if you need them. Remove any hairpins, clips or combs.
- » Leave valuables at home.
- » Please remove watches, jewelry and all piercings (we recommend that you leave these at home). Your surgery may be canceled if this is not done.
- » Don't wear lotion, perfume or makeup.
- » Remove nail polish/fake nails (e.g. acrylic or gel nails) from one finger on each hand. If you are having surgery on your hand or arm, you must remove nail polish/fake nails from all fingers.

What to bring

- » Your Manitoba Health Card.
- » A list of your medications, including name, dose and how often you take each one.
- » Your cooling unit if you were instructed to rent one.
- » Walker, crutches or any personal assistive devices that have been prescribed for you.
- » A responsible adult to pick you up.

You will be provided with a locker to store your belongings for the duration of your surgery.



Arriving at the Pan Am Clinic Surgical Centre

Where to go

Arrive at Pan Am Clinic a few minutes before your assigned time. Report to reception, located downstairs at Pan Am Clinic where you will be asked to present your Manitoba Health Card.

You will be provided with a time for the length of your procedure so you may arrange a time for pick-up.

You will then be directed to a waiting area.



Checking in

You will change into your hospital gown and be provided with a locker to store your belongings for the duration of your surgery. A nurse will meet with you to go over a checklist before surgery and then you will meet members from your surgical, anaesthesia and nursing teams. The teams will review your medical history and discuss your anaesthetic options with you.

Anaesthetic information

Anaesthesia is medication that keeps you comfortable or makes you sleep during surgery. Before surgery you will meet with your anaesthetist and nursing teams to discuss the type of anaesthesia that will be used during your surgery.

General anaesthesia

Under general anaesthesia you will be completely asleep and have no sensation of pain and be unaware of surgery. General anaesthesia usually uses a combination of intravenous drugs and inhaled gases (anaesthetics).

Spinal anaesthesia

As an alternative, for surgery below the waist, you can have a spinal anaesthetic. This is when an injection is placed in your back, which makes you numb from the waist downwards. This means you cannot feel the surgery being done. Depending on your medical condition and the surgery you are having, this may be safer or more comfortable for you. During your spinal anaesthetic, you can be fully awake or sedated with drugs that make you relaxed and sleepy, but not unconscious.

Local anaesthesia

Local anaesthesia is an anaesthetic injected into the tissue directly at the surgery site. It may be used with sedation, which would calm you and reduce your stress level. Together, they enable the surgeon to carry out the procedure without pain or distress. Local anaesthesia only lasts a short time, so it is mainly used for minor outpatient procedures, where the patient can leave on the same day.

Regional anaesthesia (nerve block)

Regional anaesthesia is given to temporarily numb a group of nerves, such as in the shoulder, arm, hand, leg or foot. The advantage, when performed with longer acting drugs, is you may experience many hours of postoperative pain relief. You can either be awake or sedated during the surgical procedure. You may feel numb for an extended period of time.

Postoperative care

After surgery, you will be taken to the recovery room. There you will be monitored closely as the anaesthesia wears off. Your nurse, surgeon and anaesthetist will decide when you are ready to go home—typically one to two hours after surgery.

Postoperative instructions will be reviewed and given to you and your responsible adult driver in the recovery room after surgery. Cooling unit (if you have one) instructions will be reviewed with you in the recovery room.

When you feel alert, your nurse can help you get dressed and you will be taken to the entrance of the Pan Am Clinic. We will then escort you to the car that will take you home.

Things you should ask

Before you leave Pan Am Clinic, make sure all your questions are answered. While your postoperative instructions will answer most of your questions, you may want to ask about bathing and showering, diet, driving, incision and dressing care, pain control, physical activity and returning to work.

A follow-up visit will be scheduled with your surgeon and provided in your postoperative instruction sheet. You can also bring a list of questions or concerns to this visit.

Your role in recovery at home

After anaesthesia

The medicine used to put you to sleep, or help you relax, will stay in your body for 24 hours. This will slow your judgement and reaction time. The following are common symptoms you may feel after surgery:

- » Drowsiness
- » Muscle aches
- » Sore throat
- » Occasional dizziness
- » Occasional headaches

These symptoms will slowly go away in the hours after surgery, but it may take several days before they are completely gone. If any one of the symptoms listed does not go away, call your family physician or surgeon's office.

At home

It is important that you follow your postoperative instructions carefully when you get home. In addition to these instructions ensure that you:

- » Do not drink any beer, wine or alcohol
- » Do not take any non-prescription drugs
- » Do not smoke (this may cause you to feel faint or dizzy)
- » Do not drive a car
- » Do not operate machinery or power tools
- » Do not make important legal decisions or sign legal papers

If you have any questions or concerns about your recovery, please call the Pan Am Clinic Recovery Room Nurses at 204-925-1549. For an emergency/after-hours concern only, proceed to the nearest hospital's Emergency Department.





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