



**Crystal Kavanagh**  
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## Preparation For Surgery and What to Expect During Your Stay

### What do I have to do before surgery?

You will have to do blood work before most surgeries. We will give you the requisition, and you can have your blood drawn at the lab of your choosing.

You will have an appointment with an anesthesiologist and pre-op nurse. We will give you a date and time for those appointments.

You will be told what medications you can and cannot take before surgery and what you can eat or drink and when. It is very important that you follow those instructions.

### What happens on the day of surgery?

Please come to the hospital at the time you were asked to arrive. Bring slippers, a robe, your toothbrush and anything you think will make passing your time more comfortable. A good book or an iPad can be helpful. If you use CPAP at home, please bring that with you. Please bring a list of your medications.

You will meet with nursing in the pre-op area who help you get changed and review your medical history and the surgery you are having. Your family members can stay with you until you are ready to go into the operating room.

After surgery, you will go to the recovery area. Visitors are not allowed in the recovery area but Dr. Kavanagh will call your designated contact to let them know how surgery went. It can take several hours for a patient to move up to their room. The staff at the desk in the OR waiting area will let your family know when you are in your room.

### What to expect while you are in the hospital

We have phenomenal nursing staff who work very hard to keep you safe and comfortable. Please be patient and respectful if it takes some time to attend to your needs. Often, they are taking care of a much sicker patient who needs them.

## PAIN MANAGEMENT

Most patients will be under the care of our acute pain service.

While they will do everything to make you as comfortable as possible, having some pain after surgery is expected.

## MOBILITY

Getting up in chair and walking as soon as you can after surgery prevents major complications like blood clots and pneumonia.

If you need a physical therapist, you will see one in hospital to make sure you are safe when you go home.

You may meet student nurses during your stay. Please be kind, they are future of health care in Ontario.

You will usually be in a room with 1 or more other patients. We have very few private rooms. We do our best to protect your privacy.

Visiting hours are between 8:30am to 4:30pm.

In addition to being seen by Dr. Kavanagh, you may be seen by other doctors, therapists or a dietician if needed.

If you have special needs for discharge, our discharge planner will meet with you to review this and get things in place before you leave the hospital.

You will be given detailed documents regarding your stay, and the discharge process during your admission.

### **How Long Will I Be in the Hospital?**

Video-assisted lung surgeries (also referred to as VATS): some patients go home the same day, but most will remain in the hospital overnight and go home the next morning.

Laparoscopic hernia or anti-reflux surgery: most patients will stay overnight and go home the next morning.

Esophageal cancer surgery: most patients stay in hospital 7-10 days

All other surgeries: expect a 2-4 day stay

Please prepare your family members to be ready to pick you up on the day of projected discharge by 10am.

**Make this plan before you come into the hospital.** For safety reasons, you can not drive yourself home, and we ask that you have someone stay with you or be close at hand on the first night after surgery.

Delaying going home when it's determined to be medically safe places you at increased risk of hospital acquired infections. It also means that we might have to cancel surgeries or admissions for sick patients who need care. We cannot keep you in hospital because of extenuating personal circumstances, we simply don't have the space or staff. If you live alone, please make a plan before you come to the hospital. Thanks in advance for understanding.

### **What happens on the Day of Discharge?**

Your nurse will remove any tubes or IVs you have.

Your discharge instructions and prescriptions will be reviewed with you.

We will help you down to the lobby to meet your ride if needed.

Everyone you will meet during your stay is committed to making it as safe and comfortable as possible. Don't be afraid to ask questions. Thanks in advance for your kindness to the staff and for listening to their instructions.