

## Guidelines to follow after a general anesthetic

The drugs given to you during surgery can stay in your body for 24 hours after surgery. As they can alter how you think and do things, for 24 hours **DO NOT:**

- Drive a vehicle or use power tools
- Return to work or school
- Drink alcohol
- Decide on any legal or money matters

It is important that you follow the directions in this pamphlet.  
If you do not, your surgery may be cancelled.

## Special Considerations:

If you are ill, or for any other reason must cancel your surgery, please call the Extended Day Unit as soon as you can at 780-735-7400 and call your surgeons office.

**You have been booked for scheduled surgery. Sometimes there are unforeseen circumstances that may present a need for your surgery to be cancelled and then rescheduled. This could include hospital emergencies or your own illness.**



*Call Health Link by dialing 811 for quick and easy advice from a registered nurse 24/7. They will ask questions, assess symptoms and determine the best care for you.*

## Questions:

If you have any questions, please give us a call:

Unit 23 Extended Day Unit 780.735.7400

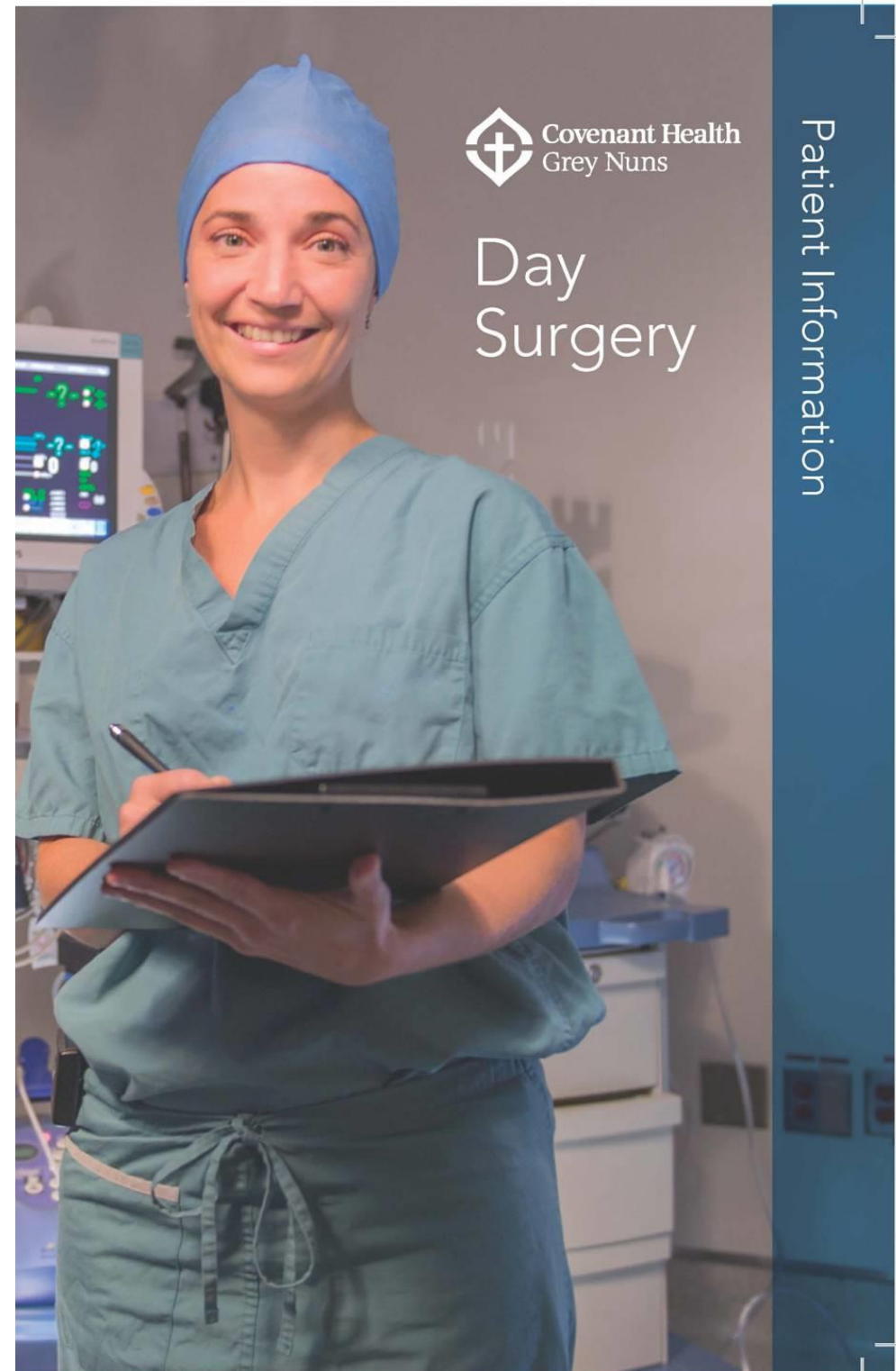
Pre Admission Clinic 780.735.7406


Go to [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca) under Health Information & Tools for a variety of health and wellness topics from general health to information on anatomy, surgeries and tests/procedures

## Address:

Grey Nuns Community Hospital  
1100 Youville Drive West  
Edmonton, Alberta  
T6L 5X8

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You are booked for surgery at the Extended Day Unit of the Grey Nuns Community Hospital. This information will help you plan and prepare for your surgery.

Your surgeon's office will tell you the date of your surgery.

Date of Surgery: \_\_\_\_\_

Before you come to the hospital your doctor will arranged for:

- Your medical history and physical exam
- You to sign a consent for your surgery
- Lab and Diagnostic tests if needed

Ask your surgeon about your regular medications the morning of surgery

Take	Do Not Take

Communication from the hospital:

1. An admitting clerk will call you to confirm your address, birthday and health care number. **If you have not confirmed** your information with admitting before your surgery date you must stop in admitting first upon arriving at the hospital the day of your surgery.
2. Pre Admission Clinic (PAC) will call you to confirm your surgery time between 1:00 pm and 2:00 pm the day before your surgery. **If you have not heard from PAC by 2:00 pm please call 780-735-7406 between 2:00-4:00 pm for your time.**

If your surgery is on Monday, you will receive a call the Friday before.

Time of Arrival: \_\_\_\_\_ Surgery Time: \_\_\_\_\_

If you have been pre-registered by admitting you can come directly to the Extended Day Unit on Unit 23 (on the second floor) when you arrive at the hospital.

## Food and Drink

Eating and drinking the right things helps your body get ready and recover faster from surgery. For your safety it is important to follow the information outlined in the **Eating and Drinking before Surgery** handout. Do not chew gum or breathe mints three hours before your surgery.

## Gum Chewing After Surgery

Chew gum three times a day after surgery has been shown to improve digestive function and recovery. Please bring a package of your favorite sugar-free gum to the hospital.

## Valuables

Please leave all your valuables at home. This includes credit cards, jewelry and money.

**\*We are NOT responsible for lost, stolen or damaged personal property**

## Cosmetics

- Please **DO NOT** wear any make-up on the day of surgery.
- **DO NOT** wear mascara, lipstick, nail polish, jewelry, face cream or contact lenses.
- All body jewelry and piercings must be removed.

## Bathing

Have a shower or bath the night before or the morning of your surgery. Remember to wash your belly button.

## Clothing

You will be more comfortable if you wear loose fitting clothing. Wear comfortable shoes.

## Walking to the OR

Be prepared to walk to the OR (if able). Except in special circumstances family members are not permitted into the operating room.

## Planning for your discharge

- You must make plans before surgery to have a responsible adult take you home, even if you travel by taxi or bus. If you do not arrange to have someone take you home your surgery will be cancelled. Traveling by motorcycle is not acceptable.
- You must have a responsible adult stay overnight with you after your surgery.
- Your driver must be ready to pick you up when we call.
- We strongly suggest that if you live out of town, you plan to stay in Edmonton the first night after your surgery.
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