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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](https://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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Learn more: <https://library.nshealth.ca/patient-education-resources>

# Before and After Surgery

## Valley Regional Hospital

Surgery date: \_\_\_\_\_

Arrival time: \_\_\_\_\_

After your surgery, you will be:

☐ Going home

☐ Staying in the hospital

- **If you develop any health changes (sickness) before your surgery date, please call the booking office as soon as possible:**

› Phone: 902-679-2657, extension: \_\_\_\_\_

## Before and After Surgery

- Before your surgery, you may have a pre-assessment appointment. Your doctor or the prescreening nurse will arrange for any tests (like lab tests, ECG/EKG, X-rays) you may need.
- Your pre-assessment appointment is on: \_\_\_\_\_ (date)  
at \_\_\_\_\_ (arrival time)
  - ☐ In person
    - › Please register when you arrive.
  - ☐ By phone
  - ☐ Not needed

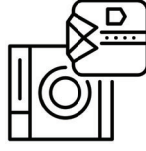
### The day before your surgery:

- Do not drink alcohol.
- Do not smoke or vape.



### The night before your surgery:

- Do not eat or drink anything after midnight.
- It is important to “sleep clean” before your surgery to lower your chance of infection. Please follow these “sleep clean” steps:
  - › Change your bed sheets.



- For more information about your rights and responsibilities, ask a member of your health care team for pamphlet 0466, *Your Rights and Responsibilities*, scan the QR code below, or visit:
  - › [www.nshealth.ca/patient-education-resources/0466](http://www.nshealth.ca/patient-education-resources/0466)

Scan the QR code below on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



### What you can do:

- Give your health care team as much information as you can about your health.
- Ask a member of your health care team if you do not understand what treatment, procedure, or medication you are receiving.
- Make sure you have all the information you need before going home. Do you understand how to take your medication? Who is responsible for making any follow-up appointments and when?

### • If you have any questions or concerns about your care:

- › Talk to a member of your health care team or ask to talk to the unit manager.

### • Take a bath or shower:

- › Wash all parts of your body using soap and water.
- › Shampoo your hair.
- **Do not** use any scented products (like creams, powders, or scents). Nova Scotia Health is scent-free.



### • Wear clean pyjamas.

### • **Do not** let your pets sleep with you.

- After your shower, we recommend using special cleaning wipes to help lower your chance of infection. You can pick them up at:



#### › **Valley Regional Hospital Day Surgery**

Hours: Monday to Friday, 7 a.m. to 8 p.m.

Weekends and holidays, 8 a.m. to 4 p.m.

Phone: 902 679-2657, extension 2840

#### › **Yarmouth Regional Hospital Day Surgery**

Hours: Monday to Friday, 6:30 a.m. to 2 p.m.

Phone: 902-746-1675

#### › **South Shore Regional Hospital Day Surgery**

Hours: Monday to Friday, 8 a.m. to 4 p.m.

Phone: 902 543-4604, extension 1686

### • **Do not** smoke or vape.



- Follow any instructions given by your surgeon, anesthesiologist (doctor who puts you to sleep for your surgery), or nurse.

### **The day of your surgery:**

- **Do not eat or drink anything. This includes chewing gum, candy, and water.**
- You may take any medications as told by your doctor or prescreening nurse with sips of water.
- Wear loose-fitting, comfortable clothes (like a sweat suit and comfortable shoes).
- Leave all valuables (like jewelry, money, credit cards, cheque books) at home. **The hospital is not responsible for the loss or damage of any items.**

- **Remove all jewelry, including**

**toe rings.** Any item used to pierce

**any** body part (like the nose, belly button, tongue, or ear) must be taken out at home.



## **Your rights and responsibilities**

**Your rights are how you should expect to be treated.**

- You have the right to have the best and safest health care possible.
- You have the right to be treated with dignity, respect, and consideration.
- You have the right to ask questions and to get information about your health care in words you understand.
- You have the right to have your health information kept confidential (private).

**Your responsibilities are how you can be an active member of your health care team.**

- You are responsible for treating all staff and other patients with dignity, respect, and consideration.
- You are responsible for telling a member of your health care team about any changes in your health.
- You are responsible for following your treatment plan.
- You are responsible for respecting the privacy and confidentiality of others, including patients, visitors, and staff.

- Talk with your support person(s) about any help you may need to care for yourself at home:
  - › If you have an incision (cut), are you able to change the dressing?
  - › Are you able to take a bath or a shower by yourself?
  - › If you have limited mobility (movement), are you able to care for yourself? For example, can you use the stairs? Can you lift things? Can you care for your children (if you have them)?
  - › Should you limit your daily activities? If so, for how long?

## Accommodations

### Fidelis House

150 Exhibition Street, Building 1  
Kentville, NS B4N 5E3

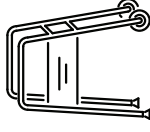
- If you or your support person(s) need overnight accommodations, this may be available at a reasonable fee.

### To make a reservation:

- › Phone: 1-902-679-6567
- › Email: [info@fidelishouse.ca](mailto:info@fidelishouse.ca)
- **Note:** You must find your own drive from Fidelis House to the hospital on the day of your surgery.

## Items to bring to the hospital:

- › Provincial health (MSI) card
- › Private health insurance card (if you have one)
- › WCB (Workers' Compensation Board of Nova Scotia) information (if you have it)
- › **All your medications** (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) in their original containers
- › CPAP machine (if you use one)
- › Assistive aids (like crutches, a cane, a walker, a leg brace, or a sling), if needed
- › Loose-fitting clothes to wear home. Anything tight may not be comfortable at the surgery site (area where you had surgery) or may be too tight to fit over a cast or dressing
- › A storage case for your hearing aid(s), dentures, and contacts or glasses (if you have them)
- › The name and phone number of the person who will take you home



- **Do not** wear contact lenses.
  - › If this is not possible, bring a storage case and cleaning solutions. **Remember to tell your nurse you are wearing contact lenses.**

- **You must have a responsible adult drive you home and stay with you for 24 hours (1 day) after you are discharged.**
  - › If you are having a joint replaced, you must have someone stay with you for 5 to 7 days after you are discharged.

## After surgery

### Recovery area

- **Visitors are not allowed in the recovery area.**
- Nurses in the recovery area will:
  - › check your intravenous (I.V.) tube(s), dressings, drain tubes, pulse, breathing, and blood pressure.
  - › give you oxygen through nasal prongs (tubes put in your nostrils) or a face mask, if needed.
  - › check your pain level.
  - › give you medications to help with pain, as needed.

- Your throat may be sore from the breathing tube used during surgery. This is normal.
- When you are more awake and comfortable, recovery area staff will take you to the post-recovery area to get ready to go home. This is usually in about 30 to 45 minutes.

### **If you are leaving the hospital on the day of your surgery, for the first 24 hours (1 day) after surgery:**

- **Do not** drive a vehicle or operate heavy machinery. You must have a responsible adult drive you home from the hospital. **If you are taking a taxi or a bus, you must have a responsible adult with you.**
  - › Ask your surgeon when you can start driving again.
- **Do not** drink alcohol.
- **Do not** sign any legal documents or important papers.
- **Do not** act as the primary caregiver for anyone (including children). Plan for someone to help you for a few days, if needed.
- If you are staying overnight, recovery area staff will take you to your hospital room.