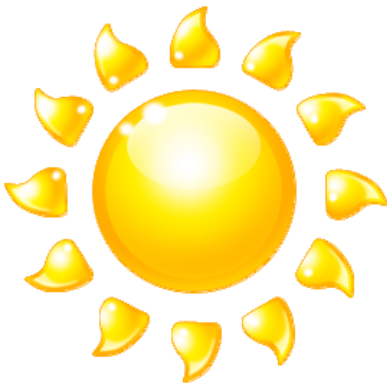


# Going into Day Surgery

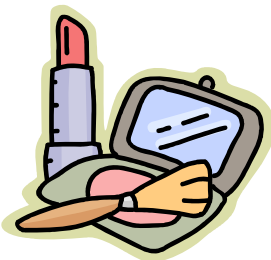
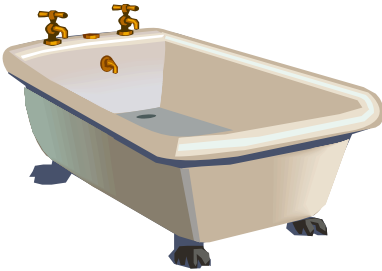


# You are having an operation.

You will come to our day surgery unit.  
Please bring and share your hospital passport.

## Before you arrive

Please have a shower or bath before you come.



Please do not put any cream or make-up on once you  
have had your shower or bath

# What will happen?



Once you arrive on the Day Surgery Unit we will show you to your bed.

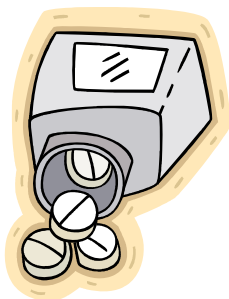


Family and carers can stay with you.

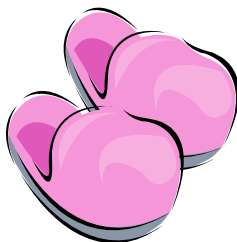
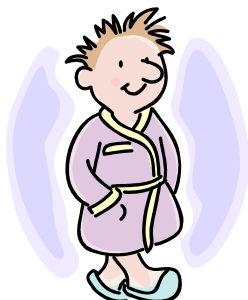


Different people will look after you on the Day Surgery Unit.

# What do I need to take with me?



Any medication you take

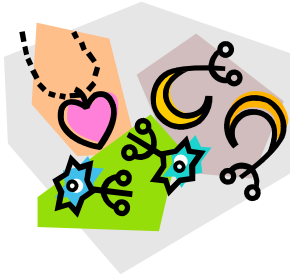


Your dressing gown and slippers

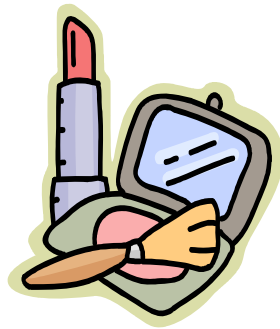


Books/Magazines and music

## Do not bring



No Jewellery



No make up



No money

# When you arrive



Someone may need to take your blood pressure



Doctors and nurses will talk to you about your operation and pain relief



You will have time to speak and ask questions before your operation



You may have to put on a surgical gown.

You can go to the toilet if you want to before the operation



If you have dentures you may need to remove them



We will use equipment during the operation so we can look after you



After your operation you will wake up in the recovery room where nurses will look after you

# Will I be able to eat and drink after my operation?



Yes, start with water



When you feel well enough you will be given another drink.

Dental patients may only want a drink.



A snack may also be given before you go home



# What if my family has a question?



Family/carers can call Day Surgery  
Unit at any time

## Other things I need to know?

General anaesthetic (going to sleep)

**You should not do any of the things below for  
24 hours after your operation:**



Do not drive or  
ride a bike



Do not go out  
alone



Do not operate  
machines,  
cookers  
kettles





Do not make  
important  
decisions or  
sign important  
documents



Do not have  
a shower



Do not have a  
bath



Do not drink  
alcohol



The doctor will tell you when you can work.

## Do I need to come back?

Before you go home you will be told:

If you have a bandage or plaster over your wound, the nurse will tell you when it can be taken off. You may need a nurse to come to your home to do this



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	Yes 	No 
If you need to return to clinic	---	---
If you need to see your doctor	---	---
If a nurse will see you at home	---	---
What tablets you need to take	---	---

# When can I go home?

Do not leave until you are told you can and someone can take you home



**Stay with family  
or carer for  
24 hours**



If you have any worries, you can call the hospital A&E department  
Telephone: 01271 322480

**Or** - Day surgery Unit 01271 322455 during opening hours

**Or** - you can ring your own doctor



**The Day Surgery Unit  
will inform your GP  
you have been in  
hospital for an  
operation**

# Patient Advice & Liaison Service (PALS)

We can help you:



To find out about services run by the Northern Devon Healthcare NHS Trust



With any problems you have with services in the Northern Devon Healthcare NHS Trust



If you are worried about the care staff have given you



To find support groups to help you

## How do I get help?



Call in person to the PALS office on Level 2 in the main foyer – ask a member of staff where it is.



**Or** - you can send us an email.  
Our email address is:

**[pals@ndevon.swest.nhs.uk](mailto:pals@ndevon.swest.nhs.uk)**



**Or** - you can telephone PALS for help.

Our number is **01271 314090**



**Or** - you can write to us at:  
PALS

North Devon District Hospital  
Raleigh Park,  
Barnstaple,  
Devon EX39 4JB

**This is a leaflet about going into day surgery**

**This leaflet tells you**

- **What you need to know before you go into day surgery**
- **What the hospital needs to know about you**
- **What you need to take with you for day surgery**
- **What to do when you arrive at the hospital**
- **Some of the things you can do in hospital**
- **What happens when it is time to go home**

**On arrival we can contact the Learning Disability Liaison Nurse on Tel 01271 314171, Bleep 382 or ext 4171.**

**Royalty free clipart used from Microsoft office 2007  
<http://www.clipart.com/>**

**Leaflet designed by Staff nurse Alexandra Fox-DSU  
Northern Devon Healthcare NHS Trust**