

# Day case surgery

## Pre-operative Assessment

Information for Patients

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### What is day case surgery?

Day case surgery is when you are admitted to hospital for a planned surgical procedure, and you then go home on the same day.

After your surgery, you will be assessed before discharge to make sure you are fit and well to return home. We advise that you have someone with you for at least 24 hours after a general or spinal anaesthetic.

If you are not fit to be discharged or we need to monitor you further. We will keep you overnight.

### How long will my recovery time be after day surgery?

This will depend on the surgery you have had. Your recovery time may vary from a few hours for minor procedures, days or up to 6 weeks for more complex day case operations.

### What can I expect on the day of my surgery?

Your admission letter will tell you where to go on the day of operation. **It is important to arrive on time.**

To ensure privacy and dignity of all patients, most areas do not let visitors wait with you, unless advised by a member of staff.

The ward nurse will go through a safety checklist with you. They may check your blood pressure (observations). We will show you around the ward and where to wait.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

Your surgeon or one of the surgical team will see you. They will answer any questions. They may mark your operation site with a pen.

An anaesthetist will see you if are having a general or spinal anaesthetic. They may prescribe some painkillers for you to take before the operation. Local patients will not need to be seen by an anaesthetist.

Please feel free to walk around the ward or bring a book with you while you wait to go for your operation. Your admission time is **not** your operation time, you may need to wait.

We will give you a gown and disposable pants to change into when it nears the time to go to theatre.

The nurse may also measure your lower legs and give you a pair of anti-embolism stockings (AES) if needed. These must be worn while you are in hospital. They help to reduce the risk of blood clots.

If able, we will walk you to theatres when they are ready

### **Eating and drinking after your operation:**

It is important to eat and drink after your surgery. Start with plain water and a light normal diet.

After your surgery you may feel sick or be sick. This is usually caused by the anaesthetic or some of the drugs that are used. You may be given medication during your operation to reduce this. Gentle mobility will also help to reduce this. If you continue to feel sick please tell the nurse.

### **Managing pain:**

Good pain control improves your recovery. It helps you to

- walk about
- breathe deeply
- eat and drink
- feel relaxed
- sleep well

It is normal to feel some pain after surgery. This can be managed in the following ways:

- **For minor surgery** - we suggest you buy over-the-counter paracetamol and ibuprofen before your procedure, just in case you need help to ease any pain.
- **For major surgery** - we suggest you buy over-the-counter paracetamol and ibuprofen before your procedure, for pain relief. We will give you codeine and a laxative to take home with you if needed. You do not have to use all of these medications. You should reduce them slowly during your recovery.

We will tell you which medication you have had during your admission, to make sure you do not over-medicate after discharge. Please also make yourself aware of all the possible side effects from the medication and seek advice when needed.

Catheters and packs are not used often during day case surgery. If they are needed, they will be removed before your discharge, or a follow-up appointment will be arranged for removal.

It is also not unusual with some surgeries to have wind related pains under the shoulders and ribs. Moving and natural methods such as peppermint tea may help ease this.

## **When will I be discharged on the day?**

After your operation we will move you to the recovery area if you have had a general anaesthetic. You will stay here until you are fully wake and comfortable. We will then take you by trolley or chair to the day case area or ward.

We will check your blood pressure, pulse, breathing (respiration) rate and temperature. We may also check how much fluid you are taking in.

You will then be encouraged to:

- drink
- eat
- walk around
- use the bathroom
- get dressed

You must be collected by a responsible adult. Someone must stay with you for at least 24 hours after your discharge.

You must not drive after having a general anaesthetic. You must not drive until you feel able to control your car in an emergency situation. Check with your insurance company if you are unsure.

## **What happens after surgery?**

For 24 hours after your operation:

Do not:

- Drink any alcohol/take sleeping medication
- Operate heavy machinery
- Make important decisions or sign legal documents
- Drive after a general anaesthetic or sedation

Do:

- Drink fluids and eat a light diet
- Take it easy on the day of the operation
- Move as soon as you are advised after your surgery.
- Take time off work if advised to do so

We will let you know if you need a follow-up appointment before discharge.



- After some operations the day case nurses will contact you on text message the day after discharge. This will contain a link to an online form/ questionnaire so we can ask you some questions to check how you have been overnight.
- Please fill out this online by responding to the questions asked.
- There will also be an area for you to ask questions if you need to.
- Please let the nurses know on discharge if you do not have a smart phone.
- Depending on your response on the online form, you will be advised if you need to attend any further follow-up.

## Contact details

If there is anything you are unsure about, please ask a member of staff

If you feel very unwell, please do not hesitate to call us using the contact information provided on discharge or attend the Emergency Department if you need to.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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