

Your return home

It is advised for the next 24 hours **not** to:

- Drive a vehicle or operate machinery. **You will be unable to drive yourself home after surgery. A responsible adult must pick you up after your procedure and stay with you overnight.** 
- Make legal decisions 
- Engage in sport, heavy work or lifting 
- Drink alcohol 

Please note that in the event of a vehicle accident some insurance companies may not provide cover if there is evidence of a bandage or recent surgery.

A staff member from the Perioperative Unit will telephone you the next working day to check on your progress.

Evaluation:

The hospital relies on receiving direct feedback from you to assist us to continually improve the standard of care we provide. After discharge the hospital or the Department of Health may ask you to assess your hospital stay. Your responses are anonymous and confidential and the information received assists us a great deal. Thank you.

Grampians Health Stawell is a Smoke Free Site.



If you have problems which concern you, please contact your local doctor or ring:

G.P. Stawell Medical Centre:

5358 1410

G.P. Patrick Street Clinic:

5358 7555

A/H Grampians Health Stawell

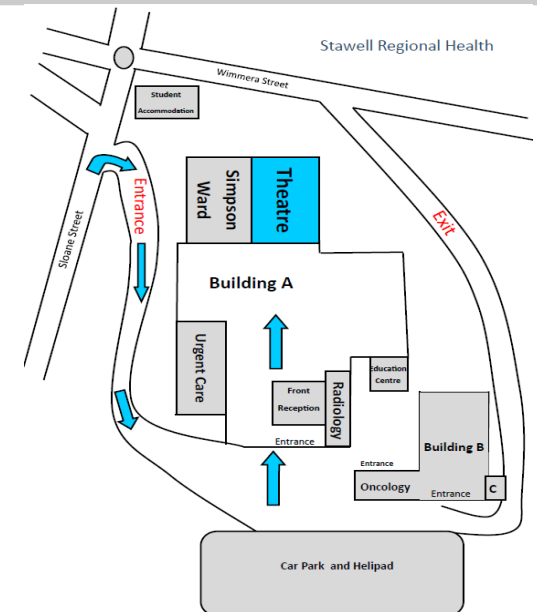
5358 8500

Elective Surgery

Important Information

Booking Date:-.....

Grampians Health Stawell will contact you with your admission time the day before your procedure.



Telephone: (03) 5358 8500

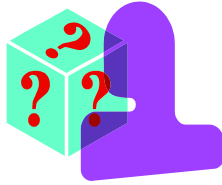
Facsimile: (03) 5358 8520

Website: <http://www.srh.org.au>

Thank you for choosing Grampians Health Stawell for your procedure.

Important Information:

If you have any questions specifically relating to your surgery/procedure please speak directly with your Surgeon or doctor.



If you develop symptoms of a cold or illness prior to coming into the Hospital, please notify staff on **5358 8524**. Your surgery may need to be re-scheduled.

Before your admission

Please complete and return all Preadmission paperwork as soon as possible. Please check with your doctor if you are taking anti-coagulants (blood thinners) such as Warfarin, Clopidogrel or Aspirin. A preadmission nurse will contact you to discuss your preoperative instructions and any queries you might have.

The night before

- A light meal is recommended
- Avoid smoking and drinking alcohol for at least 48 hours prior.



What to wear

Wear clean loose casual clothing and comfortable shoes.

Please shower the morning of your procedure.

Do not wear powder, deodorant/perfume, or moisturiser lotion.

Remove make up, nail polish and jewellery (a wedding ring may be kept on).



Before you arrive

The hospital car park is also a helipad for emergency transfers. Please be aware that vehicles parked in this area may need to be moved with little notice.

On admission

- Admission is through the Day Procedure Unit located in Building A.
- Please inform the admitting nurse if you require a medical certificate for yourself and/or your carer

Fasting

You will be required to fast.

- **No solids (food or milk drinks) for 6 hours prior to admission time.**
- **You should drink clear fluids up until 2 hours prior to your admission.**

This includes black tea or black coffee and apple juice.

What to bring

- Medication you are currently taking
- Relevant x-rays
- Your private health fund card or Dept. Veterans' Affairs Entitlement card
- Walking aids, dentures and hearing aids
- You may wish to bring some light reading material and/or music with you
- Please **DO NOT** bring large sums of money or valuables with you.



After your surgery

You will return to the Day Procedure Unit following your surgery.

Overnight and longer stay patients will be transferred to Simpson Ward. Your belongings will be taken to the ward.

When you are ready to go home, the nurse will give you written instructions and will explain these to you and your carer. Please make sure to ask any questions or raise any concerns before you leave.