



East Surrey Hospital: Day Surgery Unit

General information for patients undergoing oral surgery with a general anaesthetic or sedation

What happens at a pre-assessment appointment?

During your consultation you may be advised by your clinician to have a pre-assessment appointment. This is an additional appointment whereby you may have various tests (e.g. blood tests, ECG, MRSA screen and blood pressure readings) carried out to assess if you are fit for the general anaesthetic or sedation. Please attend this appointment with a list of any of your medications.

What time should I arrive to my day surgery appointment?

If your operation is scheduled for the morning, please arrive at the surgical admissions lounge for 7.00am on the day of your surgery. If your surgery is scheduled for the afternoon, please arrive at the surgical admissions lounge for 11.00am on the day of your surgery. The nearest entrance is the East Entrance.

There is a "drop off" area next to the main entrance and an onsite car park. Payment for the carpark is at the self service kiosk when you leave. There are 2 car parks:

- **Main visitor car park 1** is located along Canada Avenue, in between the Main Entrance and East Entrance
- **Visitor car park 2** is located near the East Entrance, just beside the East Surrey Macmillan Cancer Support Centre

The surgical admissions lounge is located on the ground floor (light green zone) in the Princess Alexander Wing. Please report to the reception desk. Our nursing team will welcome you and start the admission process.

What should I do?

- **The following information is important:**



- Please bring a list of any medications you have been prescribed or herbal remedies you are taking



- Take your normal medication in the morning, before you arrive at the unit, unless otherwise advised
- You must bring a responsible adult to take you home and stay with you for 24 hours after your procedure. You must not use public transport or attempt to drive yourself home after your procedure
- You are advised not to smoke for at least 24 hours before and after your procedure

What do I do if I am diabetic?

- If you are diabetic you will be given a leaflet at pre-assessment, telling you how to take your tablets or insulin

What are the fasting instructions?



- **If you are arriving at 07:00am:**
 - You may only eat any food or chewing gum after 02:00am on the morning of your surgery, you may have a drink of water only before 06:00am
- **If you are arriving at 11:00am:**
 - You may only eat any food or chewing gum after 07:00am, you may have a drink of water only before 11:00am

What happens when I arrive?



The pre-admissions checks include:

- Nurse review (to check blood pressure, any necessary results)
- Anaesthetic review (to ensure you are fit for surgery)
- Dentist review (to ensure that you have consented to the procedure)

When you attend the unit for your surgery:

- Please do not wear any make up, nail varnish or jewellery for monitoring purposes
- Wear loose fitting, comfortable clothes and bring a dressing gown and or suitable footwear
- Please ensure you have an adequate supply of painkillers at home to manage your post-operative pain
- Please do not bring valuable items or large amounts of money with you. The hospital cannot accept any responsibility for their loss
- You may have to wait up to 3 to 4 hours from the time of admission to when you go to surgery, therefore, it is advisable to bring a magazine or book to read while you wait



You will be asked to change into a hospital gown before you go to the operating theatre. You may be asked to remove any dentures, spectacles or contact lenses just before you go to theatre. Please bring containers for storing these items.

Please anticipate a wait before your operation as your admission time is not your operation time.

At the time of surgery, you will be escorted to the theatre, prior to this you will be requested to change into a theatre gown (supplied by the hospital) and your dressing gown and slippers.

What happens after my surgery?

You will wake up in the recovery area and after a short time you will be taken back to the ward. The nursing staff will contact your relative or friend.

You will be able to rest for up to 2-3 hours. During this time, you will be offered refreshments. You will be given written and verbal instructions by your nurse. Please follow any instructions on post-operative care given by your nurse.

If a review appointment is required, the surgical team will arrange this and an appointment will be sent to you.



When will I be discharged?

- If you arrived at 07:00am your discharge time will be in the afternoon depending on what time you returned back to the ward (approximately 4-6 hours after the operation is complete)
- If you arrived at 11:00am your discharge time could be up to 22:00. The nurses and theatre staff are trained to assess and discharge patients appropriately
- You may feel very tired or have a sore throat or sore nose. You may occasionally feel nauseous or sick after the general anaesthetic. This is quite normal after a general anaesthetic and you should rest or go to bed
- You should not work, operate any machinery, drive a car or sign any legal documents for 24 hours after you return home
- You may return to normal eating and drinking after discharge, unless otherwise advised. We suggest that you only have a light meal after you get home as you may feel little nauseous if you have a heavy meal
- Please note that due to high demands for beds or unexpected delays, it is sometimes unavoidable that your surgery may have to be cancelled on the day. If this does happen, please accept our apologies in advance. We will always rebook your appointment at the earliest opportunity

Who should I contact if I have a problem afterwards?

If you have any problems relating to your surgery within the first 24 hours of discharge, please contact the dental unit (01737231650) during working hours 07:00-22:00 for advice, out of hours 22:00 – 07:00 please contact 111 or visit A&E. After the first 24 hours following your surgery you will need to contact your GP.

Contact us

ORAL SURGERY DEPARTMENT
Surrey and Sussex Healthcare NHS Trust
East Surrey Hospital
Redhill Surrey RH1 5RH
Tel: 01737 231 650
www.surreyandsussex.nhs.uk

For medical advice please call NHS 111 or visit the NHS Choices website at www.nhs.uk

Tell us about your experience

We welcome your feedback and comments about our staff and services. This will help share what we do well, learn and make improvements. To share your compliments, comments, concerns or complaints please speak to the Patient Advice and Liaison Service (PALS) in the first instance.

Patient Advice and Liaison Service (PALS)

PALS can provide confidential advice and support, and can negotiate prompt solutions by liaising with staff and, where appropriate, relevant organisations on your behalf. You can also ask a member of staff to contact PALS on your behalf.

Telephone: 01737 231 958

Email: sash.pals@nhs.net

Write to: PALS, East Surrey Hospital, Redhill, Surrey RH1 5RH

Document information

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General anaesthetic: Patient Information Leaflet