

# Pre-surgery care instructions

## Main Hospital (public)



Please refer to the following instructions for you/your child's pre-surgery care.

### Admission

Patients under the age of 16 will need a parent or guardian present at admission.

### Hospital stay (staff to complete)

- Day:** Your surgery will be performed on one day. You will come to hospital in the morning or afternoon and go home on the same day. It is important that you have someone to take you home after your surgery and stay with you overnight. You are not to go home on public transport.
- Overnight:** You will come to hospital on the day of your surgery and usually go home the next morning between 10am and 11am.
- Child staying overnight:** If your child has to stay in hospital and is under 12 years of age, a parent/carer or guardian is required to stay with them. When it is time to go to theatre you will be invited to accompany your child and stay with them until he or she is settled. After the surgery, you will be called to help comfort your child. Please let the nurses know where you will be and give them your mobile number.

### Anaesthetic (staff to complete)

- General anaesthetic:** This means the surgery will be performed while you/your child are anaesthetised or unconscious so that you are pain free and don't move around.
- Local anaesthetic:** Local anaesthetic means that the area is numb, but you will actually be awake during your surgery. You may also be given medication to help you feel calm.

If you have any concerns about complications or risks involved with the anaesthetic, please speak to your anaesthetist.

### Eating and drinking before the surgery

Please follow the fasting instructions on your surgery letter carefully.

### Medication

Please follow the medication instructions on your surgery letter carefully. Please bring in all your medications (in original containers), such as tablets, puffers, drops and ointments (including herbal medications) when you come in for your surgery.

### What to bring into hospital



- Medicare card, Pension cards, Social Security, Veterans' Affairs or private health insurance card.
- All current medication (as described above).
- Any necessary x-rays or scans. Your surgery may be delayed or cancelled if you do not bring your x-rays or scans with you.
- Due to the redevelopment of the hospital, we have limited space for patients' belongings. Please only bring a small bag with you that can fit clothes worn on the day of surgery. Your belongings will remain with you and/or your carer until you go to the ward (or you are discharged as a day patient).
- Nightwear (open front), toiletries and tissues for patients staying overnight.
- If having eye surgery please bring in a pair of sunglasses.
- Children may bring a favourite toy.
- Please wear slip on shoes.

### What not to bring into hospital

- Please do not bring any valuables in with you.
- Do not bring a white dressing gown as it can be mistaken for a hospital dressing gown.

### Social Services

If you have special needs or difficulty getting to the Eye and Ear, our Social Services team may be able to provide assistance. Please contact (03) 9929 8234 for information on interpreters, transport and accommodation or social work.

### Visiting Hours

Visiting hours are between 10am and 8pm daily.

### Please call the hospital before your surgery if:

- you are unsure of these instructions
- you become unwell (for example you get a cold or flu)
- your eye becomes red or sticky before the surgery
- your condition becomes worse
- you are admitted to another hospital
- you need to cancel your surgery
- your escort or carer details change.

### Discharge from hospital

Your doctor will advise you when you can go home. You will be given a follow up appointment before your discharge and specific instructions for care at home.

**If you have any questions or would like more information about your surgery, please call the Pre-admissions Department on 03 9929 8647.**

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