

The ROYAL MARSDEN

NHS Foundation Trust

Having a local anaesthetic and surgery

Day Surgery Unit

Patient Information



NHS

Introduction

Your operation will be carried out under a local anaesthetic. This means that you will be awake during your operation.

How do I prepare for a local anaesthetic and surgery?

You may eat or drink as usual before you arrive, unless told otherwise by your nurse. Please follow these simple instructions to ensure your comfort and safety.

- Do not smoke for 24 hours before your operation.
- Please bath or shower the morning of your operation. Do not wear any nail varnish and if you wish to wear make up, please bring your usual make up remover with you.
- Wear loose fitting clothes and flat comfortable shoes.
- Do not wear jewellery, except your wedding ring.
- We advise that you arrange for someone to collect you after the operation.

What should I bring with me?

- Any drugs, medicines or inhalers you are taking or using.
- Dressing gown and slippers. (These are provided but please bring your own if you prefer).
- Some activity to occupy your time such as book, magazine, knitting.
- Please avoid bringing valuable items into hospital with you.

What will happen on the day?

When you arrive you will be met by your nurse who will take care of you during your stay.

Your details will be checked and your temperature, pulse, blood pressure and weight may be recorded. You will meet your surgeon and will be asked to sign a consent form if you have not already done so.

The exact time of your operation cannot always be given. However your nurse will provide up-to-date information as necessary.

Your nurse will escort you to the operating theatre where you will have your operation.

What will happen after my operation?

After your operation, we will offer you light refreshments.

You may be asked to remain in the ward for up to two hours after your operation.

Your nurse will give advice on post-operative care and follow-up appointments, for example, dressings, stitches and pain relief. You may be prescribed analgesics (painkillers). Please ensure you have your own supply of simple painkillers, such as paracetamol and ibuprofen at home.

What happens after I go home?

It is important to rest quietly at home for up to 24 hours.

Contact details

If you have any questions please contact:

Chelsea

Day Surgery Reception

Tel: 020 7808 2384

(8am–6pm)

or

For **urgent calls** between 5pm–8am and at weekends,
please call **switchboard: 020 7352 8171**
and ask them to contact the senior nurse on duty (Bleep 022).

Sutton

RDAC Sister 020 8661 3588/9

or direct dial 020 8661 3845

Smithers Ward 020 8661 3814

West Wing Unit 020 8661 3128

Robert Tiffany Ward 020 8661 3946

or

For **urgent calls** between 5pm–8am and at weekends,
please call **switchboard: 020 8642 6011**
and ask them to contact the senior nurse on duty (Bleep 017).

The Royal Marsden Macmillan Hotline: 020 8915 6899

(available 24 hours a day, 7 days a week)

Should you require information in an alternative format, please
contact The Royal Marsden Help Centre.

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre
Freephone: 0800 783 7176
Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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