

The ROYAL MARSDEN

NHS Foundation Trust

Having a general anaesthetic for your operation

**Day Surgery Unit
Chelsea**

Patient Information



NHS

Introduction

You are coming in to hospital as a day case for an operation that will be carried out under a general anaesthetic. This means that you will be asleep during your operation.

How do I prepare for a general anaesthetic and operation?

It is very important that you follow these instructions, to ensure your comfort and safety.

Do not eat or drink as follows:

Morning operation

No food after midnight. Water **only** until 6am.

Afternoon operation

No food after 6am. Water **only** until 10am on the day of your surgery.

These restrictions include sweets and chewing gum.

- Do not smoke for at least 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 makeup, please bring your usual makeup remover with you.
- Wear loose fitting clothes and flat comfortable shoes.
- Do not wear jewellery, except your wedding ring.
- Arrange for someone with transport to collect you from the Day Surgery Unit after your operation. Public transport is not suitable for your journey home. If you use a taxi, you must still have someone to accompany you.
- Arrange for someone to stay at home with you for 24 hours after your operation.
- Make sure you have a good supply of simple painkillers (such as paracetamol) at home. These can easily be bought from supermarkets and pharmacies.

What should I bring with me?

- Any drugs, medicines or inhalers you are taking/using.
- Dressing gown and slippers. (These are provided but please bring your own if you prefer).
- Some activity to occupy your time such as a book or magazine.
- 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, temperature, pulse, blood pressure and weight will be checked. You will meet your surgeon and anaesthetist, 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.

Following your operation, you will wake up in the recovery area and then be taken back to the Day Surgery Unit.

After about an hour following the operation, you may be ready to enjoy a cup of tea and sandwiches.

You may be asked to remain in the Day Surgery Unit for up to four hours after your operation to ensure that you are fully recovered from your anaesthetic.

Your nurse will give you advice on postoperative care, for example dressings, stitches and pain relief.

What will happen after my operation?

For 24 hours after your operation we advise that you:

- Do not drive a car or ride a bicycle.
- Do not operate machinery or do anything requiring skill or judgement.
- Do not make any important decisions or sign any documents because your concentration will be reduced.
- Do not drink alcohol.
- Do not take sleeping tablets.
- Observe any other special precautions which your surgeon, anaesthetist, or nurse may advise.

For further information please see The Royal Marsden booklet *Your operation and anaesthetic*.

If you have any questions please contact:

Day Surgery Reception

Tel: 020 7808 2384

(7.30am–6.30pm)

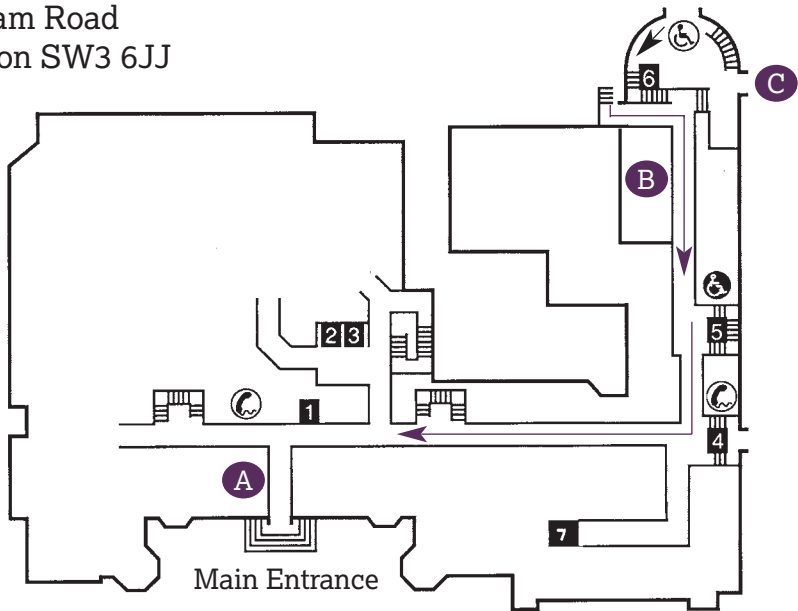
or

For urgent calls between 6.30pm–7.30am please call:

The Royal Marsden Macmillan Hotline: 020 8915 6899

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

The Royal Marsden
Fulham Road
London SW3 6JJ



Key

- A** Main Entrance/Reception
- B** Pharmacy
- C** Outpatient's Entrance, Wallace Wing
(wheelchair access)

Take the stairs or lift number 1 to the first floor and the Day Surgery Unit is on your left.

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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