FORM
CAMPUS
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PRE-OPERATIVE INSTRUCTIONS

Surgery at North York General Hospital

Your surgery has been scheduled at North York General Hospital: **North York General Hospital, 4001 Leslie Street, Toronto, ON M2K 1E1, 1st Floor, Day Surgery Unit.**

The time of your surgery will be confirmed by our office 1 week before surgery, by phone or email. You will need to check in with your Health Card at Day Surgery, Patient Registration on the 1st Floor, 1.5 hours before your surgical booking time. Please take the time to read this information carefully.

BEFORE YOUR OPERATION

1. Report any signs of a cold, fever or infection that appear before the date of your surgery.
2. Do not take Aspirin or medication containing Aspirin for two weeks before surgery, since it interferes with normal blood clotting and may cause excessive bleeding during surgery. Examples of medications that should be avoided include Advil, Percodan, Robaxisal, Aspirin, Ibuprofen and ASA. If you need to take something for headaches, take Tylenol. Please do not take any Vitamin E or naturopathic or homeopathic supplements for two weeks before surgery, as some of these supplements may interfere with the healing process. Examples include arnica, ginkgo biloba, ginseng, garlic, flax oil, St. John's wort and echinacea.
3. Shower and wash thoroughly the night before surgery and again on the morning of your procedure.
4. On the night before surgery, have a regular meal, but do not eat or drink anything after midnight.
5. Wear comfortable clothing and leave all valuables and jewellery at home.
6. Please do not wear nail polish, makeup or moisturizer on the day of surgery.
7. If you are having breast surgery, bring a comfortable cotton sports bra. This may be used as part of the surgical dressing.
8. If you have been prescribed compression stockings, please wear them to your surgery.

AFTER YOUR OPERATION

To be discharged home, a responsible adult must accompany you to your residence, even if you are travelling by taxi.

1. When you go home, it is important that a relative or friend spends the first night with you. Continue to take any previous medication as before, following the instructions on the bottle.
2. Please refer to your specific post-operative instruction sheet for more detailed information about pain management, dressing care, activity limitations and so on.
3. Do not smoke. Smoking slows healing and increases the complication rate.
4. Unless otherwise instructed, do not do any exercise or heavy lifting for at least 4 weeks after surgery. You can then slowly increase your activity level as tolerated.
5. It is normal to feel a little dizzy and drowsy after an operation. Therefore, you must not drive a car or perform any task that requires coordination or judgment for at least 24 hours after your anesthetic AND until you are no longer distracted by pain. This is often up to 2-3 weeks after surgery.

> If there are signs of significant bleeding, any sudden increase in the size of the treated area, or any fever above 38°C, especially if accompanied by pain, call us at the office at 416-447-6176. You can also call North York General Hospital Locating at (416) 756-6002 and ask them to page your surgeon. If you are worried and cannot reach your surgeon, please go to the emergency department.

These instructions are general guidance. Your surgeon or provider may give you instructions specific to your care, and those take priority.