

## Surgery Instructions – North York General Hospital

Your surgery has been scheduled North York General Hospital:

North York General Hospital  
4001 Leslie Street  
Toronto, ON M2K 1E1  
**1<sup>st</sup> Floor - Day Surgery Unit**

The time of your surgery will be confirmed 1 week prior to surgery by phone or email through our office.

You will need to check in with your Health Card at **DAY SURGERY – Patient Registration** on the 1<sup>st</sup> Floor **1.5hrs prior to your surgical booking time**

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*Please take the time to read over this information carefully.*

### Before Your Operation

1. Report any signs of a cold, fever or infection that have recently appeared 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 thus may cause excessive bleeding during the surgery. Examples of medications that should be avoided include:

Advil  
Aspirin  
ASA

Percodan  
Ibuprofen

Robaxial

If you need to take something for headaches, take Tylenol. Please do not take any Vitamin E or naturopathic / homeopathic supplements for two weeks prior to the surgery as some of these supplements may interfere with the healing process. Examples include arnica, ginko biloba, ginseng, garlic, flax oil, St. John's wort and echinacea.

3. Have a shower and wash thoroughly the night before surgery and again in the morning prior to coming in for 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 jewelry at home.
6. Please do not wear nail polish, make-up or moisturizer on the day of surgery.
7. For patients undergoing 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

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

1. When you go home it is important that a relative or a 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-op Instruction Sheet" for more detailed information about Pain Management, Dressing Care, Activity Limitations, etc.
3. **Do Not Smoke.** This will retard healing and increase the complication rate.
4. Unless otherwise instructed to do so, do not undertake any exercises or heavy lifting for at least 4 weeks after the 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 following your anaesthetic AND until you are not distracted by pain. This is often up to 2-3 weeks from surgery.
6. ***If there are signs of significant bleeding, any sudden increase in the size of the area treated, or any fever above 38C, especially if this is accompanied by pain, call us at the office 416-447-6176. You can also try North York General Hospital Locating at (416) 756-6002 and ask locating to page Dr. Somogyi or Dr. Jalil.***
  - ***If you are worried and cannot get in touch with your surgeon, please go to the emergency department.***