



HELSE BERGEN
Kysthospitalet i Hagevik



INFORMATION TO PATIENTS PRIOR TO OUTPATIENT SURGERY AT THE COASTAL HOSPITAL AT HAGEVIK

General information

This folder contains general information for all patients who are going to have outpatient surgery at the hospital.

BEFORE THE OPERATION

Activity/practice using crutches

Be as active as you can, as this will help you recover more quickly after an operation. If you are going to have an operation that means that you will have to use crutches, it will be advantageous if you practice using crutches in advance. You can borrow crutches from us.

Nutrition

It is important to eat a healthy, nutritious diet before and after an operation. It is particularly important that you get enough protein. Fish, poultry, meat, milk, cheese and eggs are good sources of protein. A healthy diet will prevent you from feeling unnecessarily weak following an operation, will help wounds to heal and can reduce any complications.

Smoking

We recommend that you do not smoke for eight weeks before and four weeks after the operation in order to reduce the risk of lung problems and to help wounds to heal. You should also limit your use of snus.



Medication

You must not take any medication on the day of the operation, but bring it with you to the hospital. Doctors will decide if you can take any of the medication before the operation, including blood pressure medication.

Marevan

If you have an artificial heart valve and take Marevan, you must not stop taking the tablets before the operation. If you use Marevan to prevent heart fibrillation, blood clots or a stroke, you must stop taking the tablets three days before the operation. Contact the hospital in plenty of time so that we can advise you on what to do.

Plavix, Ticlid and Persantin

These medications can increase the risk of haemorrhage, but it is generally important to take them to prevent blood clots. You must always, therefore, notify the hospital if you take any of these types of medication.

Acetylsalicylic acid

If you are using Albyl E (75 or 160 mg) on a daily basis for cardiovascular disease, you shall take these tablets up until the operation. You must not take a bigger dose than



this. During the two weeks prior to the operation, you must also not use other medication that contains acetylsalicylic acid (e.g. Aspirin, Donobid, Dispril, Globentyl, Globoid, Novid or Asasantin Retard).

Contraceptive pills

You do not have to stop taking contraceptive pills or hormone treatments prior to outpatient surgery.

As a rule, you must stop taking **nutritional supplements and natural health products** such as **Q-10, vitamin E and vitamin C in large doses** two weeks before the operation.

Other medication can be taken, but contact the hospital if you are in any doubt.

Your state of health

If you catch a cold, get a fever or a urinary infection, a dental abscess or another type of infection less than seven days before your operation date, you must call the hospital.

For outpatient surgery, the skin in the area to be operated on must be unblemished with no spots, sores or scratches.

If you have been treated at a hospital outside the Nordic region in the course of the last 12 months, you must inform us as quickly as possible.

In the worst case, these factors may lead to the postponement of your operation because of the increased risk of complications/infections.

If you are to have surgery on your foot or hand, you must clean and cut your nails two to three days before the operation.

What should you bring with you?

- Wear comfortable clothes and well-fitting shoes that are easy to put on and take off.
- An up-to-date list of all the medication and natural health products you use.
- Crutches, if applicable.
- As little money as possible and no jewellery or other valuables.
- Something to read, laptop, mobile phone etc.

THE EVENING BEFORE THE OPERATION

In order to prevent infection in the wound, you must remove rings, jewellery, piercings,

nail varnish and make-up, and have a shower and wash your hair. If you are to have surgery on your foot or hand, you must also remove nail varnish and false nails. You must fast from midnight, i.e. you cannot eat, suck pastilles, chew gum, use

snus or smoke. You can drink clear liquids such as squash and water, until 06.00 the day of the operation. You are not to take your usual medication the morning of the day of the operation unless this has



been agreed with us. Bring your medication with you so that you can take it after the operation. It is also important that you bring inhalation medication, if applicable.

Cancellation

If you are prevented from coming to the hospital, your symptoms improve or you no longer want the operation, you must notify us as quickly as possible by calling (+47) 56 56 58 00.

THE DAY OF THE OPERATION

Arrival

Come to the patient reception area on the ground floor at the agreed time. Then go to the outpatient clinic's waiting room on the first floor. The surgeon will go through your medical history with you before the operation and make a final assessment. You will get to meet the anaesthetist and nurse anaesthetist who will be responsible for giving you the anaesthetic, and you will then be prepared for surgery.

Waiting

Operations are carried out between 08.00 and 14.00.

There may be some



waiting, so bring something to read or a laptop. You will be given a bed while you wait.

The operation

The staff will take you to the surgical department, where you will be met by the anaesthesia staff who will administer anaesthetics before the operation. One or two intravenous cannula will be inserted in the back of your hand for the administration of fluids.



The staff in the operating theatre will do everything they can to ensure that the operation proceeds safely and that you do not feel any pain. You will be monitored and looked after throughout the operation.

Anaesthesia

For outpatient surgery, you will either be given a general anaesthetic, local anaesthetic or a combination of the two.

AFTER THE OPERATION

When the operation is done, you will be transferred to the recovery unit, for a couple of hours. The surgeon will inform you about the operation and what will happen in the time ahead. The surgeon will also

prescribe any necessary medication and write a doctor's certificate or other documents depending on the type of procedure you have had.

You will be offered food and drink after the operation, and it is important that you get up and start moving around as quickly as possible.



Pain

It is not unusual to experience pain after an operation. This can be prevented and relieved by painkillers. You are to start taking painkillers before you leave the hospital, and continue taking the dose prescribed by the doctor when you get home. The goal is to give you effective pain relief.

Activity/rehabilitation

It is important that you get back on your feet as quickly as possible after the operation. Your doctor will give you information about further rehabilitation, depending on the type of procedure you have had.

Complications

Complications such as urinary infections, pneumonia and blood clots can arise following all types of surgical procedures. The most important thing you can do to prevent a blood clot is to get back on your feet as quickly as possible and exercise.

Good hand hygiene is important to help prevent infection.

Going home

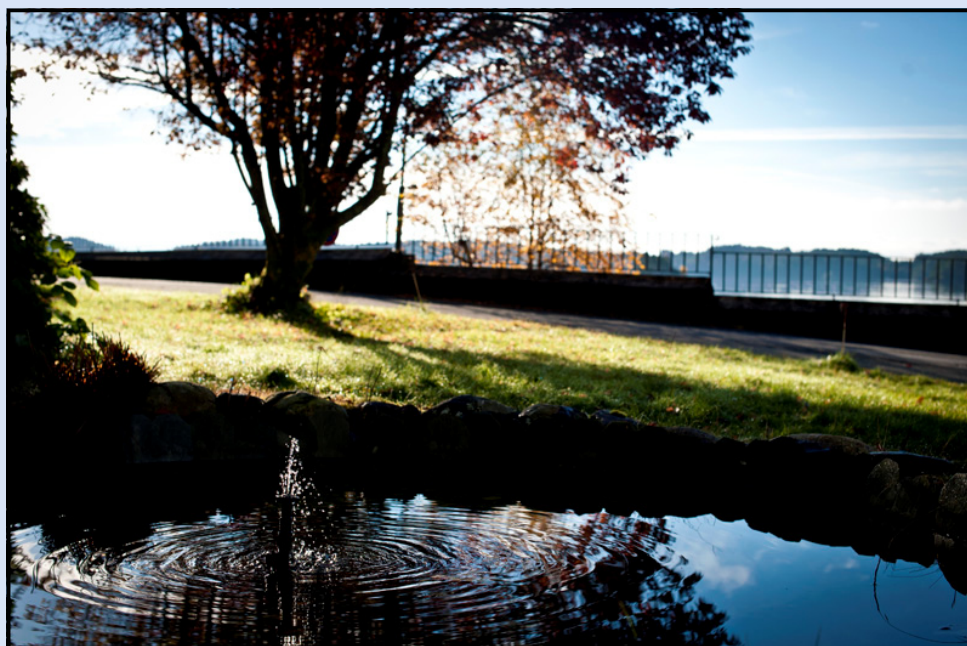
You are not allowed to drive home yourself after the operation.

Your trip home will probably be shortest and most pleasant if you are picked up by a next of kin. If this is not possible, we organise joint home transport (several patients travel together). Travel expenses are, regardless, covered by the Western Norway Regional Health Authority. (Public transport costs are usually covered for getting to the hospital before the operation.)

Information about your check-up appointment, if applicable, and a payment giro will be sent to you after the operation.

Wounds and stitches

If your wound has been closed with dissolvable thread, it will be covered with strips that are not to be removed until 12 days after the op-



eration. However, it is fine if they come off a couple of days early. Other stitches must be removed by your regular GP after 10 to 14 days, depending on the type of operation.

Taking a shower

You must not take a shower the first 48 hours after the operation. You must avoid swimming and taking a bath until the scar is smooth and shiny and there is no sign of any leakage, usually after four to six weeks. If your pain increases and the skin becomes inflamed, swollen and hot or there is discharge from the wound, you must contact the Coastal Hospital.

The bandage should be left on for 48 hours. You can cover minor bleeding in the bandage with a clean gauze pad. If the bandage becomes soaked in blood, wet or dirty, it should be changed.

Plaster casts

Keep the foot or arm in the plaster cast elevated, preferably above your heart, for the first few days. If the plaster cast is too tight, contact the hospital immediately. Avoid getting the plaster cast wet.

Back at home

You should not be on your own at home the first evening and night after the operation. Arrange in advance for someone to be with you.

A nurse will call you the day after the operation to check that you are OK, and to answer any questions you may have.

PRACTICAL INFORMATION

Newspapers can be purchased in the patient reception area from 8.00 to 16.00 on weekdays.

Internet There is free Wi-Fi on the wards.

The canteen is on the first floor. Open on weekdays from 10.00 to 15.00. **Crutches** can be borrowed at the hospital on the day of the operation.

ATM There is no ATM at the hospital, but you can pay for the patient charge for the operation, crutches and items from the canteen by card.

Mobile phones are permitted. However, the signal is poor in some areas of the hospital.





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