



Dear Patient,  
Your surgery has been scheduled to be performed at the Victoria Surgery Clinic. We will contact you a week prior to your surgery date with your admission and surgery times, as well as review your preoperative instructions and answer any questions that you may have.

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Tel (250)595-1553  
Toll Free (877)715-1553

## **Pre-operative Instructions**

### **Dear Patient**

Welcome to Victoria Surgery! We would like to take this opportunity to make sure that your stay with us is as pleasant as possible. Please review the following instructions to prepare for your upcoming surgery.

### **Pre-operative Forms**

- History / Physical** - This form is to be completed by your family doctor or walk-in clinic 2 weeks prior to surgery.
- Patient Questionnaire** - This form is to be completed by you and mailed or faxed (595-1518) to Victoria Surgery.
- Lab Requisition** - Please take this requisition to one of the MDS outpatient labs listed as soon as possible.  
**If no lab tests are required, you will not receive a lab requisition.**

### **Pre-operative Instructions**

- We will contact you approximately one week prior to your surgery date to confirm your surgery time
- **FOOD – NO SOLID FOOD AFTER MIDNIGHT THE NIGHT PRIOR TO SURGERY START, INCLUDING NO CANDY/MINTS/GUM**
- **FLUIDS–PATIENTS MAY DRINK UP TO 8 OZ. OF CLEAR FLUIDS (ie: APPLE JUICE, BLACK COFFEE & TEA, WATER, JELLO, POPSICLES) UP TO 4 HOURS PRIOR TO SURGERY START TIME**
- Do not wear makeup, nail polish or perfume. Remove necklaces/chains, piercings, rings off or taped, if unable to remove, notify anesthetist. Partial dentures out, full dentures can stay in, let anesthetist know.
- Certain medications must be stopped 7 days before surgery. Please see list on back.
- Medications for cardiac conditions, high blood pressure, Diabetes, and asthma should be taken as usual with a sip of water on the morning of surgery.
- Wear loose and comfortable clothing.
- Contact lenses must be removed before surgery. Please bring your case.
- If you Smoke – please try to quit smoking well in advance of your surgery.
- Icepacks – you may require icepacks to help with swelling and discomfort after surgery. Please have these in the freezer ready for when you get home.
- Notify your surgeon and Victoria Surgery if you are developing cold or flu symptoms. If symptomatic, see your Doctor or nearest Treatment Centre for assessment, and let them know your having surgery under Anesthetic.
- Please notify the clinic and your surgeon if you should find any cuts, scrapes, blemishes or infection around the area that you are having surgery. If you are receiving implants and/or hardware during your surgery, please notify the clinic of cuts or scrapes anywhere that could potentially hold infection. Your surgeon may wish to see check these prior to your surgery day to ensure that the surgical site is clear for surgery.

### **Consent**

- If you are 18 years old or younger, you must have a parent or legal guardian sign your consent prior to surgery. If they are not accompanying you to your surgery, please let us know so that we can make other arrangements to have your consent signed by them prior to your surgery.

## **Discharge Instructions**

- You will be discharged via the underground parkade. Please have your ride park underground when coming to pick you up.
- They must be available to pick you up at any time after your surgery. We will call them approximately 30 minutes before you are ready for discharge. Patients duration of stay in recovery can be from 30 minutes up to 5 hours after surgery.
- **If you receive a general anesthetic or any form of sedation, you must be accompanied by a responsible adult when leaving the clinic and for the first night after surgery.** There are no exceptions to this rule. They may either drive you home or accompany you home in a taxi. Do not use the bus.
- Overnight patients – Your ride should arrive at 7:30am, but be aware that occasionally there is a delay of up to an hour.

## **Medications that will increase bleeding. Please avoid for 7 days prior to surgery.**

Advil	Dristan	Nalfon	Sinutab
Alka Seltzer	Entrophen	Naprosyn	Surgam
Anacin	Excedrin	Naproxen	Synflex
Anaprox	Feldene	Naxen	Tiafen
Ansaid	Fiorinal	Novasen	Ticlid
Arthrotec	Ibuprofen	Orudis	Tolectin
Aspirin	Idarac	Peptobismol	Toradol
Aspergum	Ketoprofen	Percodan	Voltaren
Bufferin	Midol	Piroxican	292, 222, 217, 282
Clinoril	Mobiflex	Ponstan	Vitamins E and C
Diclofenac	Motrin	Relafen	All Herbal Remedies

It is safe to continue taking Celebrex, Mobicox and Tylenol up to the day of surgery.

## **Post-Operative Advice and Restrictions**

For your safety, the following post-operative instructions must be followed very carefully.

1. Your ride will be given detailed post-operative instructions.
2. Nausea may be brought on by the trip home, movement, pain killers, or eating. This can be treated with Transderm V patch, applied the night before & day of surgery, or Gravol taken as a pill or suppository.
3. Lie down if you feel dizzy or light-headed.
4. You may experience increasing pain later in the day as the local anesthetic (freezing) wears off or you become more active.
5. Avoid alcohol in any form for at least 24 hours.
6. Avoid any medications NOT prescribed by your surgeon.
7. Do not operate motor vehicles, boats, power tools, or machinery for 24 hours.
8. Do not sign or enter into any legal contracts for 24 hours.
9. Take fluids as tolerated.

## **Remember**

You may experience some muscular aches in and about the surgical area. As well, you may develop a sore throat following a general anesthetic. These symptoms are not serious and will disappear in a short time.

Victoria Surgery collects information to ensure that each patient was comfortable and well cared for during their stay at the clinic. We will try to contact you in the following months after your procedure to ask you some questions, but on occasion we are not able to connect with some patients. If you are diagnosed with an infection related to your surgery or a complication requiring hospital admission, or any hospital admission within 28 days after your procedure, please be sure to inform our clinic. This feedback is important for us to maintain the highest quality of care for our patients.

## **Finally**

If you have any questions or problems regarding post-operative signs or symptoms, or any associated concerns, please CALL YOUR SURGEON.