Anaesthetic information

(Not applicable to scopes)

Local Anaesthetic

- **You may eat and drink as normal.**
- This is a type of medication used to numb areas of the body and causes complete loss of sensation.
- It normally involves the skin and the tissues underneath the skins surface.
- It only takes a few minutes to lose feeling in the area where the local anaesthetic is given.
- It is usually used for minor procedures.
- You will not feel any pain after you have been given the local anaesthetic.
- Any risks/side effects will be explained to you before having the local anaesthetic.

General Anaesthetic

- **You must not eat for six hours before your procedure (unless told otherwise).**
- This is medication used to cause loss of consciousness.
- You will be unaware of surgery and unable to feel pain as your brain does not respond to pain signals.
- You will not see, hear or feel anything.
- It is used for greater patient safety and comfort in certain surgical procedures.
- It is usually used for longer operations.
- You will meet your anaesthetist before surgery. They will answer any questions and explain the plan for the procedure.
- The anaesthetist will discuss the risks, benefits and common side effects.
- Throughout the surgery your vital signs will be continuously monitored to ensure you are receiving enough oxygen and are kept asleep for the entire procedure.

Further information

For further information please contact:

Day Surgery Unit
Western Isles Hospital
Macaulay Road
Stornoway
Isle of Lewis
HS1 2AF

Tel. 01851 704704 ext 2424
www.wihb.scot.nhs.uk

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at - www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 481814 and leave a message, or email wi.feedback@nhs.scot

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Disclaimer
The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.
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NHS Eileanan Siar Western Isles

Bòrd SSN nan Eilean Siar
NHS Western Isles

Day Surgery

Information guide for Day Surgery patients



Please confirm your appointment by telephoning the number stated on your admission letter.

Introduction

This leaflet is to give you information about what you need to know and do before coming to the Day Surgery Unit, at Western Isles Hospital.

- Please **confirm your appointment** by telephoning the number stated on the front of the admission letter.
- The Day Surgical Unit is based on the second floor in the Western Isles Hospital.
- As you enter the Day Surgical Unit make your way to the Nurses Station, located half-way down the Day Surgical Unit corridor.
- Within the Unit, there is also a waiting room available, which is used before and after operations, as necessary.
- If you become ill or cannot make the appointment, please contact the Day Surgery Unit on (01851) 704704 ext. 2424 **as soon as possible**, so that another patient may benefit.
- If you have any queries about your procedure please contact the Day Surgery Unit on (01851) 704704 ext. 2424 between 8am-5pm. Staff will be more than happy to help.

Day Surgery Unit
Western Isles Hospital
Tel. 01851 704704 ext 2424

Preparing for your appointment

- You should not eat or drink for six hours before your appointment (**unless told otherwise)**.
- Please bathe/shower on the morning of your appointment.
- Please do not shave the surgical area prior to admission.
- Please bring a list of medications and also any medication that you will be due to take in their original containers/packaging.
- Try not to smoke/vape for 12 hours before your appointment.
- Please remove piercings and jewellery except for your wedding ring which will be taped.
- Please remove all make-up and nail varnish, as these are not permitted in Theatre.
- Please wear minimal jewellery and do not bring any valuables with you to hospital.
- It is advisable to bring a dressing gown and slippers to wear while you are waiting for your appointment.
- Please bring a book or something to read, as you may be waiting some time before or after your appointment.
- Public WiFi is available if you wish to bring a tablet/laptop.

What will happen on the day?

- On arrival to the Day Surgery Unit you will be greeted by the nurses who will look after you throughout your stay.
- On admission you will find that you are asked the same question more than once. This is part of our careful checking system.
- The nurses will help prepare you for Theatre and provide a hospital gown.
- The surgeon and anaesthetist will see you before your surgery and ask you to sign a consent form, if not already completed.
- There will be some waiting time either before or after your operation, depending on where you are placed on the list.
- About one hour after your operation most patients are ready to enjoy a cup of tea/ coffee and toast.
- You will be made comfortable and have adequate pain control (if required) before you are discharged.
- An information leaflet will be provided and explained prior to discharge. Should you have any further questions, please ask the Nurse in Charge prior to discharge.
- If you have had a sedation or general anaesthestic you must make arrangements for someone to stay with you overnight and arrange transport to take you home. This is because those who have had a sedation or general anaesthetic are not legally allowed to drive for a minimum of 24 hours.