

## After Your Surgery

- Immediately after surgery, you go to the Recovery Room to wake up safely. Here, a nurse checks the area where you had surgery and closely monitors your vital signs and breathing.
- When you return to the Day Surgery Unit, a nurse checks the area where you had surgery, your vital signs, and breathing.
- Some pain is expected after surgery. Your nurse will give you medication ordered by your doctor to help relieve discomfort.
- Do not wait until the pain is too uncomfortable before you ask for the medication.
- The nurse gets you up for a short walk to prepare you for discharge.
- You are given written instructions about your care at home and any specific instructions from your surgeon.
- **Ensure you have someone to pick you up from the hospital and a competent adult to stay with you overnight for 24 hours.**

## If Your Surgery is Cancelled:

On the day of surgery, unexpected things may happen that make it necessary to cancel your surgery (e.g. an emergency case, all hospital beds are full).

The Operating Room schedulers make every effort to rebook your surgery as soon as possible.

If you do not have a new date for surgery when you leave the hospital, Operating Room Scheduling will contact you with a new date and time.

### If You Must Cancel Your Surgery:

**Monday to Friday from 7:30 a.m. to 4:00 p.m.**

Call your surgeon's office or the Surgical Waitlist Inquiry 1-866-622-0222

**For immediate cancellation of the next day's surgery (after 4:00 p.m. ) or anytime on weekends:**

Call the Day Surgery Unit:  
Regina General—(306) 766-4526  
Pasqua—(306) 766-2738

## Contact Information

### Regina General Hospital

1440-14th Avenue

Regina, SK S4P 0W5

Phone (306) 766-4526

Monday to Friday

06:00 a.m. to 11:00 p.m.

### Pasqua Hospital

4101 Dewdney Avenue

Regina, SK S4T 1A5

Phone (306) 766-2738

Monday to Friday from

06:00 a.m. to 9:00 p.m.



## Day Surgery

Regina General Hospital

Pasqua Hospital

## About Us

The Day Surgery Department is combined with Day of Admission Surgery and OR Holding.

Our mission is to fully and safely prepare patients for surgical procedures. We also confirm that patients are safe to be discharged from the hospital and ensure appropriate discharge teaching is administered.

Our objective is to provide each patient with exceptional care that meets their individual needs.

## Our Staff

Our staff are surgically trained healthcare professionals committed to providing quality care in a supportive and safe environment.

Day Surgery staff consists of Registered Nurses (RNs) and Licensed Practical Nurses (LPNs) who work 8-hour shifts, with a variety of start times. Shifts consist of days and evenings.

We also have greatly valued Unit Support Workers and Unit Secretaries who help ensure you have the most positive experience possible.

Day Surgery is also fortunate enough to have Hospital Volunteers who assist patients to change rooms, and assigned beds.

Day Surgery nurses will contact you the day before your surgery to review any final details or update you on your surgical time.

## Preparing for Your Surgery

- Have a bath or shower and shampoo your hair the night before or the morning of surgery. **DO NOT** use any scented personal care products.
- **DO NOT** shave, wax or clip any hair around the surgical **site for 7 days before surgery.**
- Remove makeup, jewelry and body piercings before coming to the hospital.
- **DO NOT** drink alcohol, use marijuana (in any form) or use recreational drugs for 24 hours before surgery.
- **DO NOT** eat after midnight the night before your surgery.
- **DO NOT** use mints, gum, candy, throat lozenges and/or chewing tobacco on the morning of surgery.
- You may drink **CLEAR** fluids (water, clear juice, coffee/tea without milk) up to 2 hours **BEFORE** your surgery.
- Your child may have breast milk up to 4 hours **BEFORE** their surgery or may have formula or non-human milk up to 6 hours **BEFORE** their surgery.
- Take your medications as directed, and remember to bring them with you in their original bottles.
- Bring your CPAP (Continuous Positive Airway Pressure) machine and equipment, if applicable.

## Where to Go

### Regina General and Pasqua Hospitals

When you arrive at the hospital, please use the Main Entrance. Please register at the admitting area to the left of the main entrance.

- After registering in Admitting, go to Day Surgery on the 2nd Floor.
- Once you enter the Day Surgery area, a Unit Secretary or Volunteer will direct you to your bed.
- A locker room is available to store your shoes and clothing.
- **Please remember not to bring valuable items with you to the hospital.**

Before you go to surgery, a nurse will ask questions about your health and check your pulse, blood pressure and oxygen level. You will also be taught specific discharge instructions about your type of surgery.

## Please Note:

- **One visitor** at the bedside for adult patients.
- Children may have **two visitors.**
- When your loved one is in the Operating Room please wait in the waiting room.
- No outside food at the bedside.
- Please keep cellphones on silent or vibrate.
- Please keep noise levels at a minimum; it is important for your loved one to rest.
- If you are a support person and will be taking your loved one home, please remember to bring a wheelchair up to the unit for when they are being discharged.