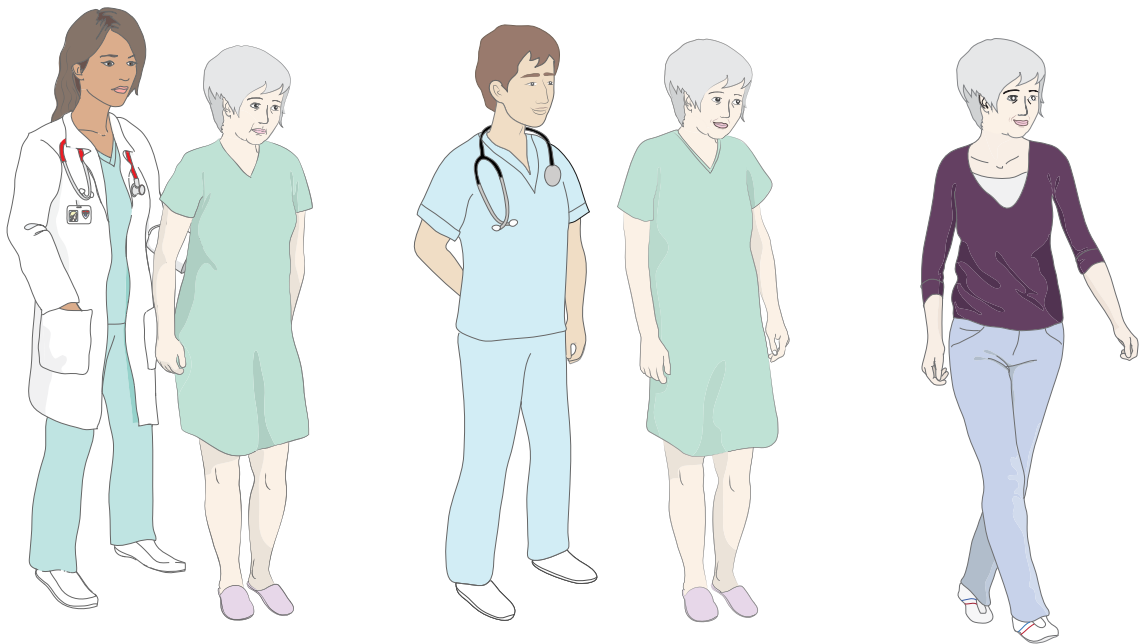


# A Guide to Surgery



This booklet will help you understand and prepare for your surgery.  
Bring this booklet with you on the day of your surgery.



This booklet was developed by the MUHC Surgical Recovery (SURE) working group.

We would like to recognize the MUHC Patient Education Office for their support throughout the development of this booklet, the design and layout, as well as for the creation of all the images.

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## IMPORTANT

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

Centre universitaire  
de santé McGill



McGill University  
Health Centre

**PRET SURE**  
Parcours de rétablissement chirurgical du CUSM  
MUHC Surgery Recovery Program

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## About this booklet

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Having surgery can be stressful for patients and their families. The good news is that you are not alone. We will support you each step of the way. Ask us if you have questions about your care.

This booklet will:

- Help you understand and prepare for your surgery
- Explain how you can play an active part in your recovery
- Give you daily goals to achieve

**Bring this booklet on the day of surgery and keep it with you throughout your hospital stay.** Hospital staff may refer to it as you recover, and review it with you and your family before you go home.

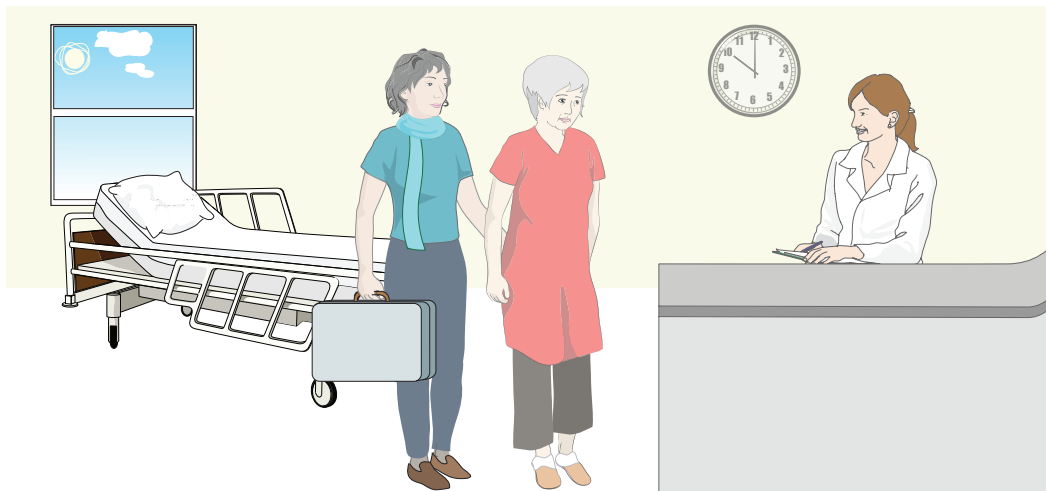
Your MUHC surgery team



**If you are not comfortable communicating in French or English, bring someone to translate for you.**

## What is a day surgery?

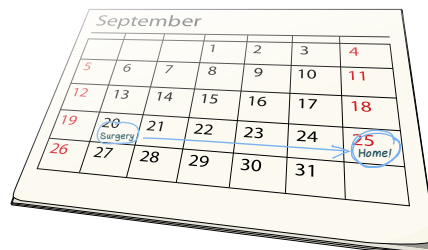
If you are scheduled for a day surgery, you will come to the hospital on the day of your surgery and you will return home after several hours.



**Your surgery will be cancelled if you do not have someone to take you home and stay with you for the first 24 hours.**

## What is a same day admission?

If you are scheduled for a same day admission, you will come to the hospital on the day of your surgery and be admitted to a hospital room after your surgery. The number of days in the hospital will be based on your surgery and your general health.



## Preparing for your surgery

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### Be active

Exercise will help your body to be as fit as possible and keep you weight under control. If you are already exercising, keep up the good work. If you are not, start slowly adding exercise into your day. A 30 minute walk every day is far better than not exercising at all.



### Stop smoking

If you smoke, quitting smoking for good is a step that will have the greatest impact on improving your health. Quitting is possible even if you are a long time heavy smoker and have tried to quit many times in the past.

It is never too late to start!

Your doctor can help you stop smoking and talk about options with you. See page 21 to learn more.



### Stop alcohol

Do not drink alcohol for 24 hours before surgery. Alcohol can interact with some medication you will receive in the hospital.

Tell us if you need help decreasing your alcohol use before surgery.



## Preparing for your surgery

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### Plan ahead

After your surgery, you may need help with meals, bathing, laundry, or cleaning. Stock your fridge and freezer with food that is easy to reheat.

Make plans with your family and friends so you will have the help you need.

If you feel that you will not be able to manage at home after your surgery, you should talk with your local CLSC to know about their services (housekeeping, meals on wheels, etc.).

### Arrange transportation

For day surgery patients:

- Arrange to have an adult with you to take you home from the hospital and stay with you for the **first 24 hours after your surgery**.
- **You will not be allowed to leave the hospital alone.**
- **You CANNOT drive or take a taxi home by yourself.**



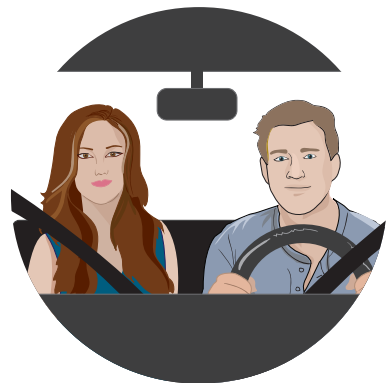
**Your surgery will be cancelled if you do not have someone to take you home and stay with you for the first 24 hours.**

For same day admission patients:

Your surgeon should tell you approximately how many days you are expected to stay in the hospital.

Tell your nurse if you have concerns about going home. We recommend that you arrange a ride to go home.

See page 22 for information on parking rates.



## Pre-operative Clinic visit

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### During your Pre-operative Clinic visit, you will:

- Meet with a nurse who will tell you how to get ready for your surgery and what to expect on the day of your surgery.
- Meet with a doctor who will ask you questions about your health. If you have medical problems, you may be referred to another doctor (a specialist) before surgery.

### Also, you may:

- Need to stop taking some medications and natural products before surgery. During this appointment, your doctor will explain and tell you which medications you should stop and which ones you should keep taking.
- Have blood tests.
- Have an electrocardiogram (ECG) to check how your heart works.



**If you have any questions, call the Pre-operative Clinic nurses at 514-934-1934, ext. 43778, Monday to Friday from 1 p.m. to 3 p.m.**

**Pre-operative Clinic: E10-117 (E wing, 10<sup>th</sup> floor, room 117).**

## Phone call from Admitting

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The day before your surgery, the Admitting Department will phone you to tell you what time to come to the hospital. (If your surgery is scheduled on a Monday, the hospital will phone you the Friday before). They will ask you to arrive 2 hours before your planned surgery time.

### Exception:

If your surgery is planned for 7:30 a.m., they will ask you to arrive at 6 a.m. The time of surgery is not exact. It may be earlier or later than planned.

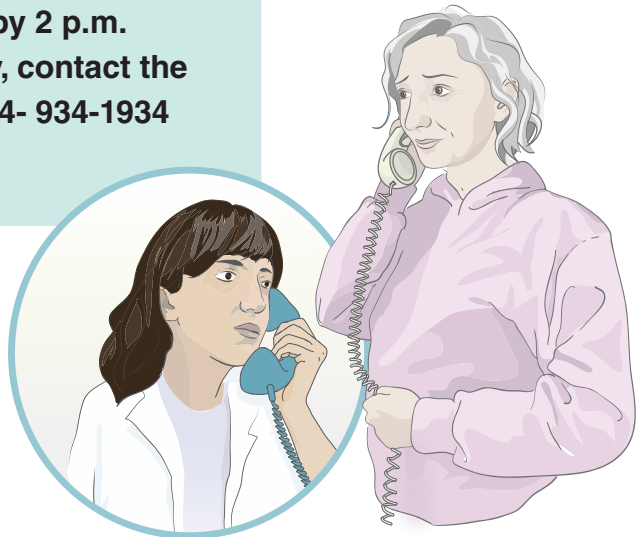
Date of surgery: \_\_\_\_\_

Time of arrival at the hospital: \_\_\_\_\_



Room: Surgical Admission Services D10-124 (D wing, 10<sup>th</sup> floor, room 124).

**If you do not receive a call by 2 p.m. the day before your surgery, contact the Admitting Department at 514- 934-1934 ext. 42190.**



## Cancelling your surgery

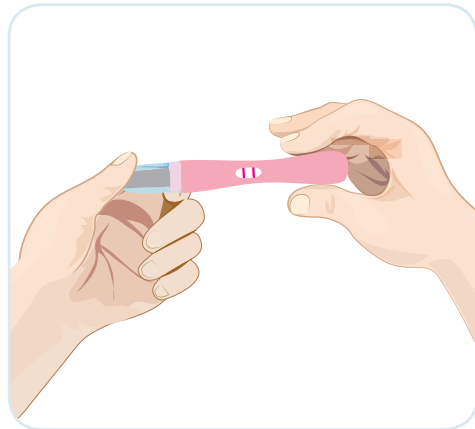
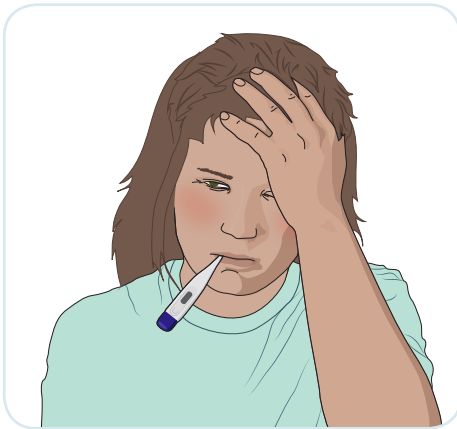
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If you are sick, pregnant, or for any reason you are unable to come to the hospital for your surgery, call **as soon as possible** both your surgeon's office **and** the Central Operating Room Booking (CORB) 514-934-4460 (between 9 a.m. – 11 a.m. and 1 p.m. – 3 p.m.).

If you call after 3 p.m., leave a message on the answering machine stating: your full name, date of surgery, telephone number, hospital card number, surgeon's name, reason for cancelling or postponing your surgery, and the timeframe you are not available to have the surgery.

**If you need to cancel your surgery the day before after 3 p.m.:**

- Call the Admitting Department at 514-934-1934 ext 42190.



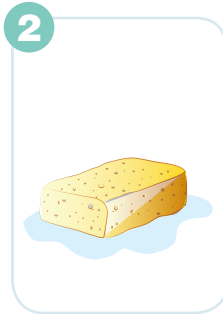
**The Montreal General Hospital is a Trauma Centre. This means that your surgery may need to be delayed or cancelled because of an emergency. Your surgeon will reschedule you as soon as possible.**

## Washing

### The night before surgery:



Use regular soap and shampoo for your face and hair



Take a shower with 1 of the 2 sponges you were given



Wash your body from the neck down, including your belly button and your genital area

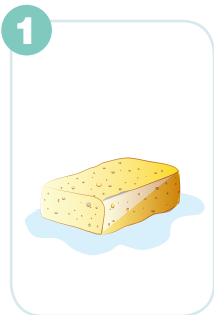


Do not shave the area where the surgery will be done

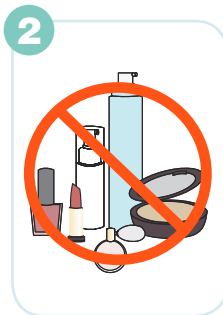


Wear clean clothes (nightgown, pyjamas) to bed

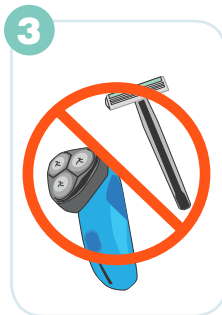
### The morning of surgery:



Take a shower by using the 2<sup>nd</sup> sponge you were given



Do not apply lotion, perfume, makeup, nail polish and do not wear jewelry or piercings



Do not shave the area where the surgery will be done



If you wear contact lenses, wear your glasses instead



Put on clean and comfortable clothes

## Diet











The nurse in the Preoperative Clinic will explain what to eat and drink before your surgery. **Remember:** Do not drink alcohol the day before your surgery.

**Exception:** A small number of people should not drink at all on the day of their surgery. Your nurse will tell you if you need to stop drinking at midnight.

### The evening before surgery:











- Eat and drink normally until midnight
- Drink 1 carbohydrate drink (clear juice) during the evening (see list on the right)
- Drink it within 10 minutes
- **After midnight, do not have any food, dairy products, or juice with pulp**



Carbohydrate drinks: Choose only 1	Amount in mL	Amount in cups (1 cup = 250 mL)
 Apple juice	850 mL	
 Commercial iced tea	1100 mL	
 Cranberry cocktail	650 mL	
 Lemonade without pulp	1000 mL	
 Orange juice without pulp	1000 mL	

### The morning of surgery:

- **Do not eat any food**
- Drink 1 carbohydrate drink (clear juice) 2 hours before your surgery (see list on the right)
- Drink it within 10 minutes
- **Do not have any dairy products or juice with pulp**
- Stop drinking 2 hours before your surgery. This is usually the same time as you are asked to arrive at the hospital.  
**Exception:** If you are asked to arrive around 6 a.m. Stop drinking at 5:30 a.m.

Carbohydrate drinks: Choose only 1	Amount in mL	Amount in cups (1 cup = 250 mL)
 Apple juice	425 mL	
 Commercial iced tea	550 mL	
 Cranberry cocktail	325 mL	
 Lemonade without pulp	500 mL	
 Orange juice without pulp	500 mL	

## What to bring to the hospital

- This booklet
- Medicare card
- List of medications that you take at home (ask your pharmacist to give you one)

### If needed:

- Glasses, contact lenses, hearing aids, and/or dentures with their storage containers labeled with your name
- Cane, crutches, or walker labeled with your name
- CPAP machine, if you have sleep apnea

### For same day admission patients, also bring:

- Non-slip slippers or shoes and loose comfortable clothing (for when you'll return home)
- Toothbrush, toothpaste, mouthwash, comb, deodorant, soap, and tissues
- Private insurance information (covering private and semi private rooms)



**Bring these items in a small luggage labeled with your name. The storage space is limited.**

**Do not bring anything of value, including credit cards and jewelry. The hospital is not responsible for lost or stolen items.**



## **At the hospital**

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### **Admitting area**

Report directly to the Surgical Admission Services D10-124 (D wing, 10<sup>th</sup> floor, room 124) at the time given.

### **At the Surgical Admission area, your nurse will:**

- Ask you to change into a hospital gown
- Make sure your personal belongings are in a safe place
- Complete a pre-operative checklist with you



### **In the Operating Room**

A patient attendant (orderly) will bring you to the Operating Room.

In the Operating Room you will meet your anesthesiologist (the doctor who will put you to sleep) and the other members of the surgical team. You will be asleep and pain-free during your surgery.

## At the hospital

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### Waiting room

Family and friends may wait for you in the **waiting room** located in D10-117 (D wing, 10<sup>th</sup> floor, room 117). The space is small so we ask that you limit the number of people coming with you.

At the end of your surgery, the Post-Anesthesia Care Unit (PACU) nurse will call the family member or friend you have chosen to tell them how you are doing.

There are no visitors allowed in the PACU.

### Internet access

**There is free WiFi available at the hospital.**

**Connect to:**

Network: CUSM-MUHC-PUBLIC

Username: public

Password: wifi



### Other resources:

- Coffee shops – 1<sup>st</sup> floor Pine Ave. entrance and the 6<sup>th</sup> floor near the main entrance on Cedar Ave.
- Cafeteria - 4<sup>th</sup> floor- D wing
- Small sit down restaurant “The Hospitality Corner” – D6-125, (D wing, 6<sup>th</sup> floor, room 125)
- Bank machines - 1<sup>st</sup> floor Pine Ave. entrance and 6<sup>th</sup> floor near the main entrance on Cedar Ave.
- Gift shop on the 6<sup>th</sup> floor near the main entrance D6-145 (D wing, 6<sup>th</sup> floor, room 145)

## Post-Anesthesia Care Unit (PACU)

---

After your surgery, you will wake up in the Post-Anesthesia Care Unit (PACU) also called the **Recovery Room**.

### Your nurse will:

- Check your pulse and blood pressure often
- Check your bandage(s), if you have one
- Ask you if you have pain
- Make sure you are comfortable



### For day surgery patients:

You will stay in the PACU until you go home.

### For same day admission patients:

You will go to your room. Your family may visit you once you are in your room on the surgical unit.

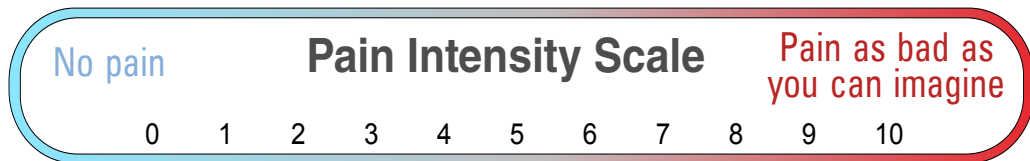
**Always have your call bell at your side when in bed or sitting in chair**

## Pain control

Pain relief is important because it helps you:

- Breathe better
- Move better
- Sleep better
- Eat better
- Recover faster

Your nurse will ask you to rate your pain on a scale from 0 to 10. Your nurse will give you medication if you have pain. Our goal is to keep your pain score below 4/10.



### Pain Intensity Scale

0 means no pain and 10 is the worst pain you can imagine. This will help your nurse decide how to best manage your pain.

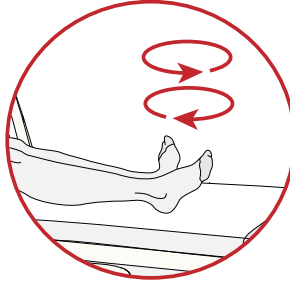
**Do not wait until the pain gets too strong before telling us.**

## Exercises

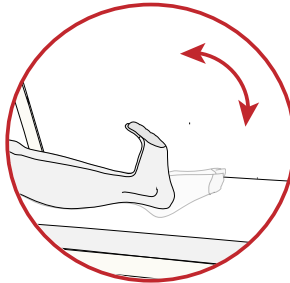
It is important to move around in bed to prevent pneumonia, blood clots, and muscle weakness. Start these exercises when you wake up and continue them while you are in the hospital.

### Leg exercises

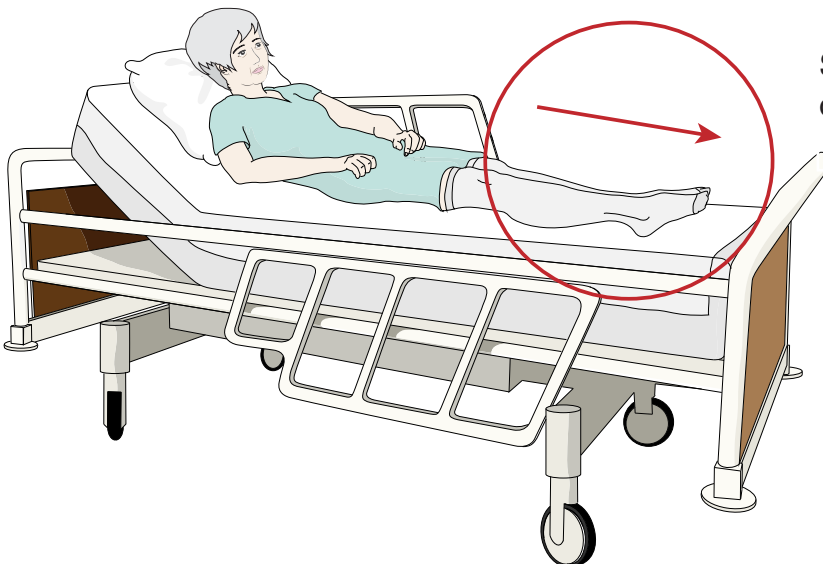
These exercises help your blood to circulate in your legs. Repeat each exercise 4 to 5 times every half hour while you are awake.



Rotate your feet to the right and left.



Wiggle your toes and bend your feet up and down.



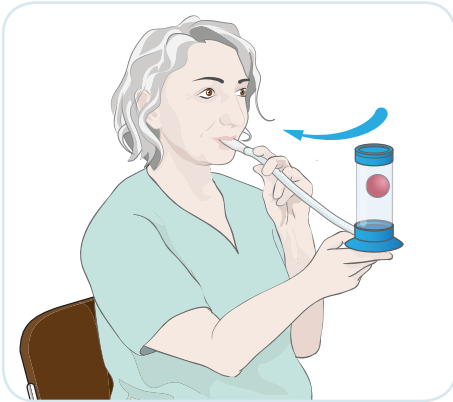
Stretch your legs out straight.

## Exercises

### Deep breathing and coughing exercises

An inspirimeter is a device that helps you breathe deeply to prevent lung problems.

To use your inspirimeter:



Put your lips around the mouthpiece, breathe in deeply, and try to hold the red ball up for 2 to 4 seconds



Remove the mouthpiece, breathe out, and rest for a few seconds

x10

Repeat this exercise 10 times every hour while you are awake



Take a deep breath and cough. If you have some secretions, cough them up.

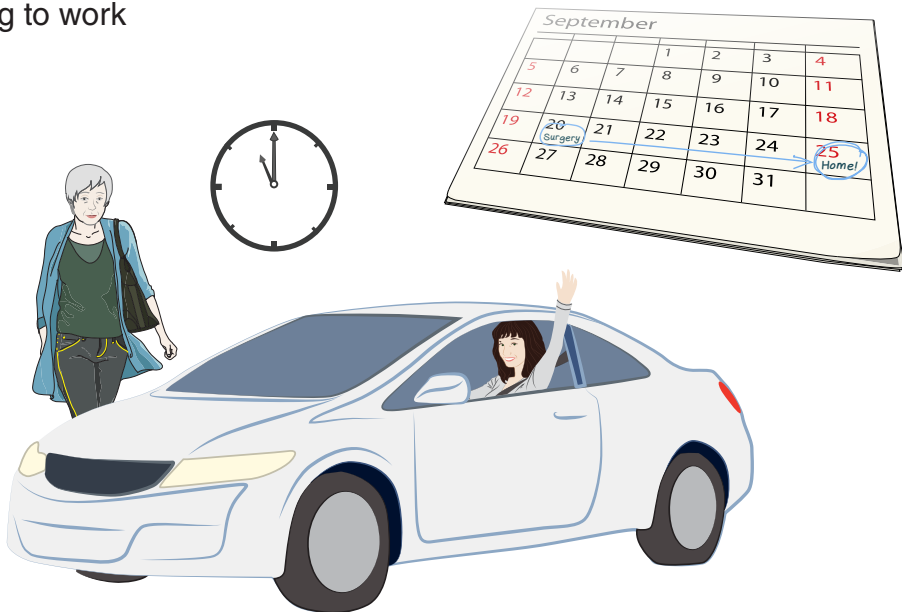
## Going home

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Before leaving the hospital, make sure you are given the information for your follow-up appointment with your surgeon and a prescription for your medication.

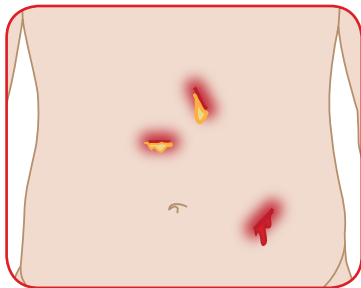
Follow the instructions your doctor and nurses give you about:

- Controlling your pain
- Taking care of your incision
- Showering
- Activity (driving, lifting, sexual activity, etc.)
- Returning to work

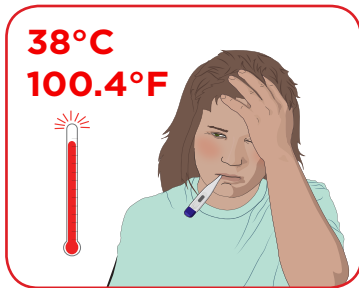


**Do not drive, operate machinery, or drink alcohol 24 hours after your surgery or while taking pain medication.**

## When to call your surgeon...



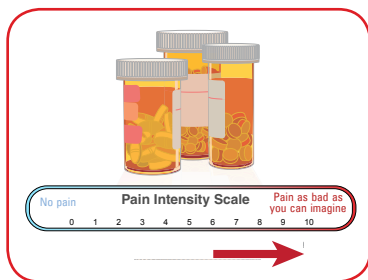
Your incision(s) are warm, red and hard, or if you see pus or drainage coming from it.



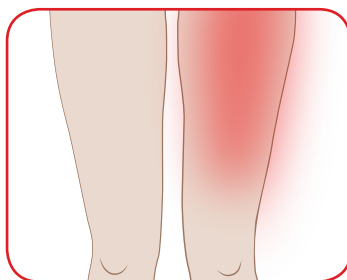
You have a fever higher than 38°C/100.4°F.



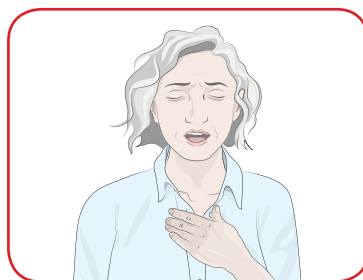
You cannot drink or keep liquids down (nausea or vomiting)



You have more pain and your pain medicine does not help.



You have redness, swelling, warmth or pain in either leg.



You have trouble breathing.



You urinate often, have a burning sensation or pain when you urinate and an intense urge to urinate.



**If you cannot reach your surgeon, go to the nearest Emergency Department.**

## Follow up

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You will be given a follow-up appointment or you will be asked to make your own follow-up appointment with your surgeon.

### If you have any questions, phone us.

Name of your surgeon: \_\_\_\_\_

Phone number of your surgeon: \_\_\_\_\_

### Other phone numbers:

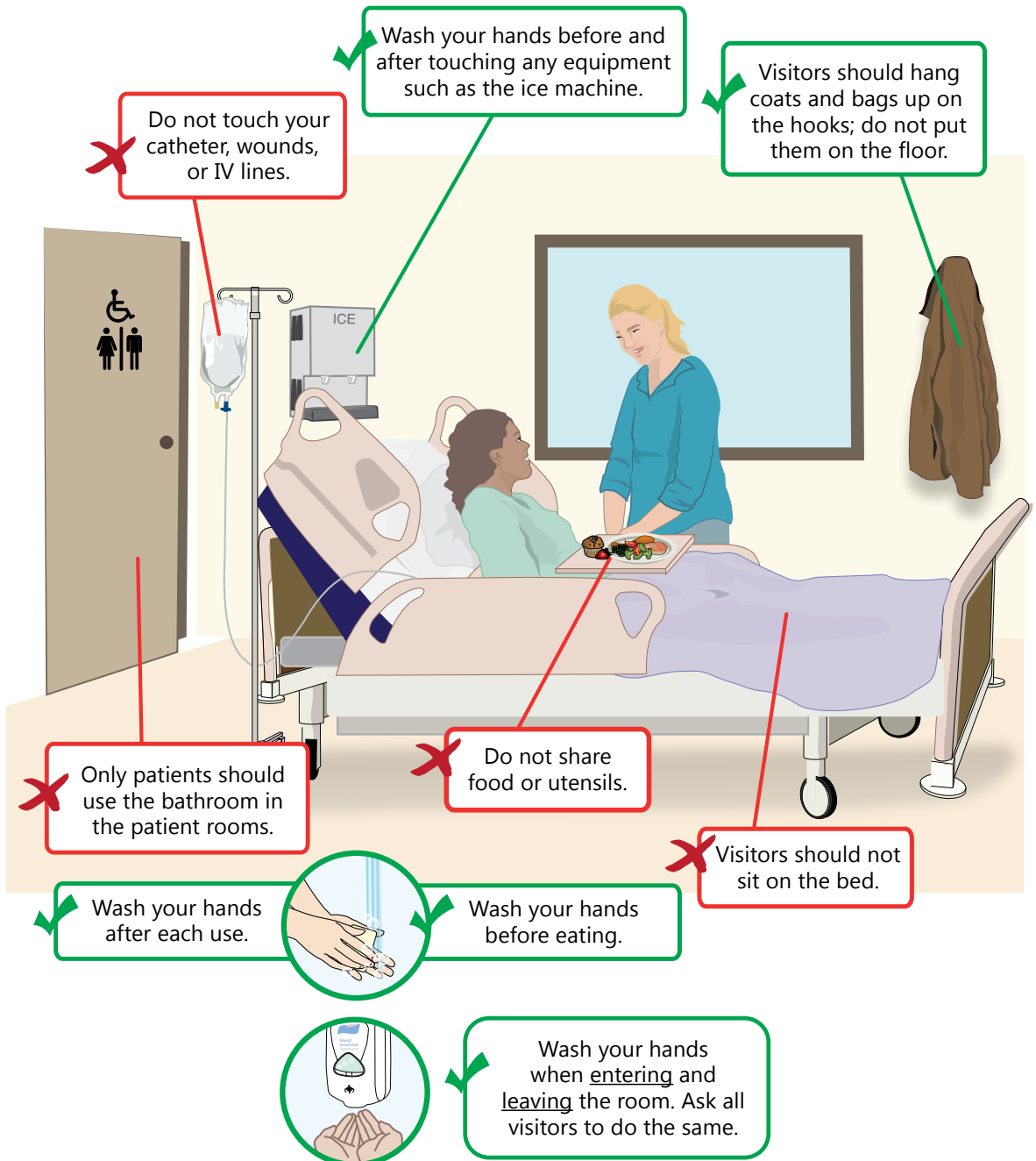
MUHC Appointment and Referral Centre: 514-934-8488

(Monday to Friday from 8 a.m. to 5 p.m.)

Info-Santé: 811

(Contact a nurse for non-urgent health issue, 24 hours a day, and 365 days a year)

# Tips for preventing infection in the hospital room



## Resources to help you stop smoking

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- Quit line : 1-866-527-7383 (free) or [www.iqitnow.qc.ca](http://www.iqitnow.qc.ca)
- Quit Smoking Centers, ask your CLSC for information
- The Quebec Lung Association: 1-888-768-6669 (free) or [www.pq.lung.ca](http://www.pq.lung.ca)
- Smoking cessation clinic at the MUHC:  
send the consultation by fax: 514-934-8488  
(requires referral from your doctor)



## Looking for more information on your surgery

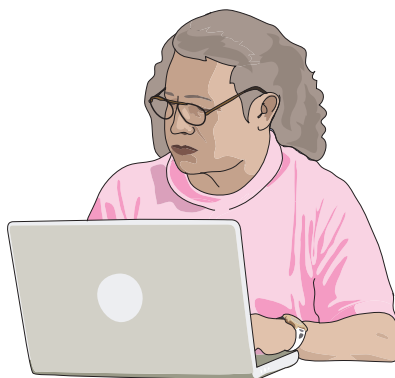
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For more about anesthesia:

[www.cas.ca/english/patient-information](http://www.cas.ca/english/patient-information)

MUHC Libraries – Patient portal:

<http://www.muclibraries.ca/patients>



## Parking information



### MINIMUM AND MAXIMUM 24H RATES

0-30 minutes	FREE	
4-24 hours	FLAT RATE	\$24

### REDUCED PARKING RATE PASSES

#### AVAILABLE AT THE CUSTOMER SERVICE PARKING OFFICE

WEEKLY PASS	7 DAYS	\$60	Unlimited entry and exit at the hospital where the pass was purchased
	14 DAYS	\$85	
LONG-TERM PASS	30 DAYS	\$70	Certain conditions apply
FLEXI-PASS	7 VISITS	\$100	1 entry 1 exit per visit No expiry date

#### WHERE TO PAY



By debit card or credit card  
Visa or MasterCard

**Customer Service  
Parking Office**



By credit card Visa or  
MasterCard

**Barrier gate at exit**  
(hourly parking only)

#### CONTACT US



Monday to Friday  
8 a.m. to 12 p.m.  
1 p.m. to 4 p.m.

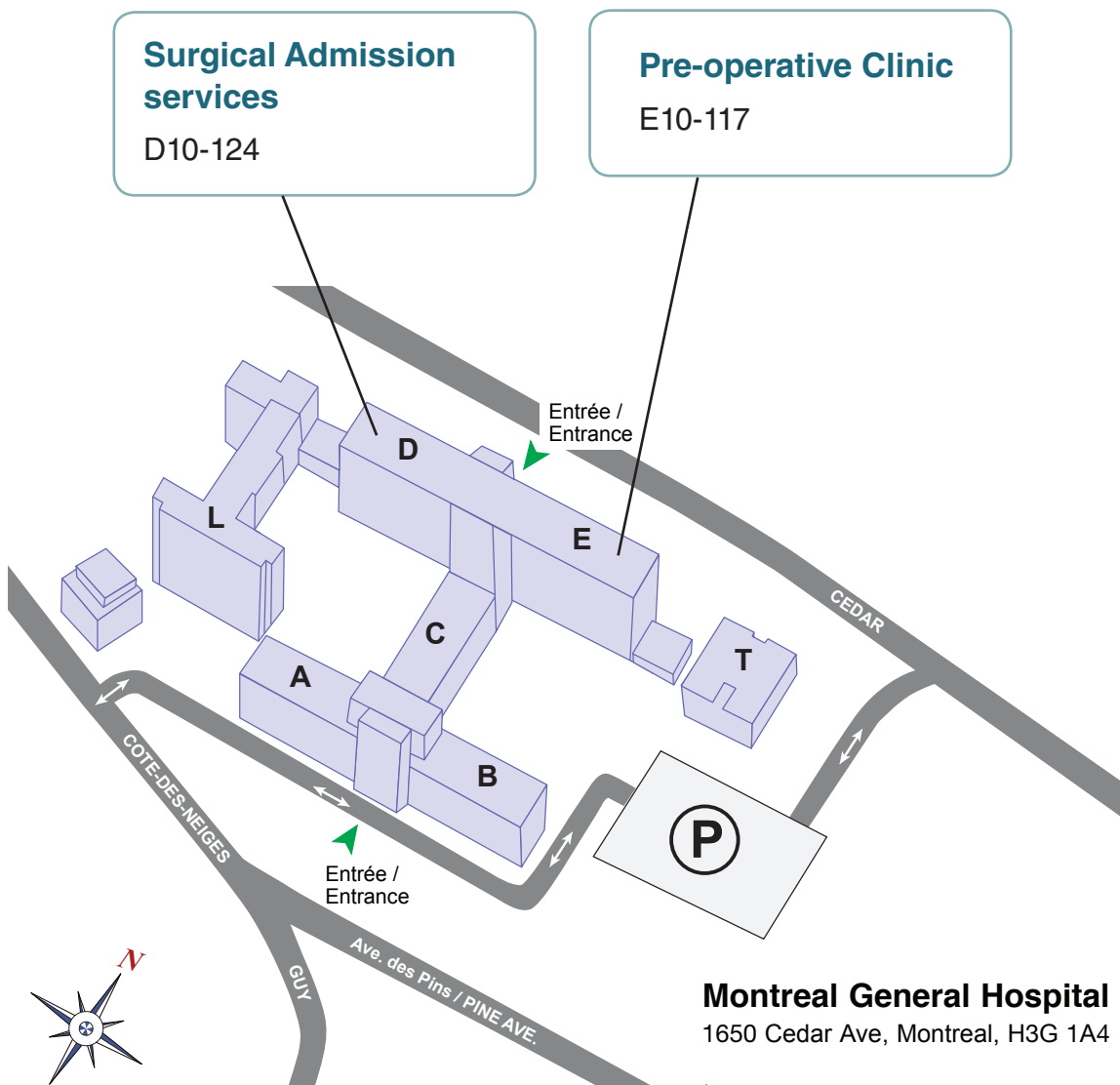
**Customer Service Parking Office  
L6-129**  
514 934-1934, 43626



If you encounter a problem or have a payment question, please use the intercom located on the automated payment machines. Assistance is available 24 hours a day, 7 days a week.



# Montreal General Hospital map



▶ Entrées / Entrances

Ⓟ Stationnement / Parking