

What is day surgery

Day surgery, also known as same-day surgery, is when you're admitted and discharged from hospital on the same day you have surgery.

Some surgeries that previously involved a stay in hospital are now safely being done as day surgery.

Your healthcare team will check if day surgery is safe for you before your operation. If you're worried, talk to your doctor and healthcare team.

Benefits of day surgery

- Avoids unnecessary hospital stays.
- Allows you to recover in a familiar environment and return to your usual activities, quicker.
- Reduces the risk of getting infections or other complications in hospital.
- Minimises delays to surgery due to no hospital bed being available.
- Helps reduce wait times for surgery.

This document is designed to assist you in getting ready for day surgery.

Before surgery

Stay active and eat well



Staying active and eating well supports successful surgery and recovery. Avoid smoking before surgery. Include protein in your diet, such as lean meats, eggs, legumes and fish. Aim for 30 minutes of physical activity a day. This can build and maintain muscle and joint health, give you energy for healing and reduce stress.



Share your health history



Before surgery you'll be asked to complete a questionnaire to check day surgery is safe for you. It's important to tell your healthcare team about any health conditions or medications you're taking for optimal preparation, care and recovery.



Be sure to tell your doctor:

- any allergies
- any airway difficulties, obstructive sleep apnoea, or if you snore or wake up gasping for air
- if your body mass index (BMI) is higher than 35
- anything else you think they should know.

Ensure you have the right support

It is important you feel supported during your surgical journey. Talk to your healthcare team about your needs, including cultural, linguistic, gender or sexual identity, or your functional ability. What do you want to know? Bring written questions to your appointments and take notes. Consider bringing a support person to appointments, such as a family member or support worker.

Your hospital may have support services available, including:

- in-person and telephone interpreters
- disability liaison officers
- Aboriginal and/or Torres Strait Islander liaison officers
- LGBTQIA+ liaison officers
- social workers.



My surgical healthcare team may include:

- | | |
|---|---|
| <ul style="list-style-type: none">• Surgeon• Anaesthetist• Nurses | Allied health such as: <ul style="list-style-type: none">• Physiotherapist• Occupational therapist• Dietitian |
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You can calculate your BMI at:

betterhealth.vic.gov.au/tools/body-mass-index-calculator-for-adult

Plan ahead



Planning can help you prepare to return home after day surgery. This may include arranging:

- **Caring responsibilities**, children, pets or older people.
- Time off work.
- A **safe place to stay** that is close to a health service – within 30 minutes is ideal. If home isn't suitable, consider staying with loved ones.
- A **support person** or carer to stay with you, with good thinking skills to monitor your recovery and get help if needed.
- **Transportation** to and from the hospital. It is often recommended not to drive for at least 24 hours after surgery. Check car parking and ask about patient drop-off and pick-up zones.
- **Equipment** to support recovery. Your healthcare team will assess if you need extra equipment, such as walking aids or a shower chair.



If you have questions, or concerns talk to your healthcare team.

Contact your hospital as soon as possible if you:

- change any contact details, such as your address or phone number
- are unable to attend due to work or family commitments
- become pregnant
- have a new medical problem or medication
- no longer have a support person or carer to stay with you after surgery
- have concerns about your surgery.



In the 3 days before your surgery, tell your hospital if you have:

- a temperature or fever (feeling hot or cold)
- a sore throat, cough or other breathing problems
- a rash or swelling
- been feeling generally unwell
- a cut, break or tear in your skin
- diarrhoea or vomiting
- had a recent unplanned visit to an emergency department or Doctor/general practitioner (GP)



Prepare for the day of surgery

Your hospital will tell you when to **stop eating and drinking before surgery (fasting)**, this includes mints and chewing gum. Make sure to write down and **follow their instructions**. If you don't follow them correctly, your surgery may be delayed or cancelled. Be ready for recovery at home with neatly made bed, prepared meals and other important items within easy reach. In case you need to stay in hospital, pack a bag with underwear, toiletries and clean clothes and give it to your support person.

Things to bring ✓


- Comfortable clothing (consider where surgical wounds will be) and mobile phone (make sure it is fully charged)
- Any medication you usually take in its original package
- Medicare, healthcare, DVA or private health card
- Glasses, hearing aids or other communication aids or devices
- Relevant test results, x-rays or scans
- Children may bring a favourite toy

What not to bring ✗

- Valuables or large amounts of money (i.e. over \$20)
- Large bags or excessive clothing
- Avoid wearing jewellery, nail polish and fake nails, makeup (including false lashes) or contact lenses

After surgery

Know your follow-up care plan



Before leaving the hospital, your healthcare team will give you instructions on managing pain, dressings, medications, movement or diet restrictions, and who to contact with concerns. You and your support person need to understand what successful recovery looks like and what warning signs to look for.

Don't hesitate to take notes and ask questions if you're unclear about any information.

Your healthcare team will also let you know what follow-up care is required. It is important to attend all appointments to ensure you are recovering well.

Follow-up may include:

- a phone call, video call or text message
- a pre-arranged Doctor/GP or outpatient appointment
- the Hospital in the Home (HITH) service, where a nurse may visit you at home.

Additional short-term community services may be arranged. This may include help for:

- personal care, such as showering
- home care, such as shopping or cleaning
- community nursing or allied health, such as physiotherapy.

Additional information

Day surgery:

<https://www.betterhealth.vic.gov.au/day-surgery>

Healthy lifestyle:

betterhealth.vic.gov.au/health/healthyliving/healthy-eating
safeexerciseathome.org.au
quit.org.au

Community services:

health.vic.gov.au/patient-care/short-term-supports

Who to call?



If you're unsure what to do or who to call when at home, you can also contact:

- Your local Doctor/GP
- Your local Priority Primary Care Centres - visit betterhealth.vic.gov.au/priority-primary-care-centres-ppccs
- NURSE-ON-CALL for assistance and advice from a registered nurse 24 hours a day- call 1300 60 60 24
- Victorian Virtual Emergency Department, a public health service to treat non-life-threatening emergencies - visit vved.org.au
- If you think your situation is an emergency, you should always call Triple Zero (000) or go to an emergency department.

To provide feedback



- complete your local health service's feedback survey or contact their consumer liaison officer
- contact Victoria's Health Complaints Commissioner: hcc.vic.gov.au

Thank you to the diverse group of consumers who helped to develop this brochure

Before surgery I will.....

- plan how to maintain my health and fitness before surgery
- share all my health conditions and medications with my healthcare team
- organise my other responsibilities, such as carer duties and time off work
- arrange a support person and transport to and from the hospital
- arrange a safe place to stay after my surgery
- organise any equipment I need at home
- discuss my individual needs with my team

To prepare for the day of surgery I will.....

- let my healthcare team know if my personal situation has changed
- let my healthcare team know if I am feeling unwell
- ask when to stop eating and drinking before my surgery
- prepare my overnight bag, including essential items to bring with me
- talk to my support person to confirm transport to and from hospital
- arrange a personal and/or carer certificate with my healthcare team if I need one

After surgery I will.....

- arrange someone to pick me up and stay with me after my surgery
- learn the signs and symptoms to monitor and when and how to seek help
- document all pre-arranged appointments and services
My care will be followed-up with
- ask for written instructions about my:
 - activity or diet restrictions after surgery
 - wound dressing plan
 - medication plan

Contact numbers

Notes
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