

Surgery Instructions – North York General Hospital

Your surgery has been scheduled North York General Hospital:

North York General Hospital
4001 Leslie Street
Toronto, ON M2K 1E1
1st Floor - Day Surgery Unit

You have been scheduled for surgery on **DATE, TIME if available**

The time for your surgery will be confirmed 1 week prior to your surgery by phone or email through our office.

You will need to check in with your Health Card at **Patient Registration** (across from gift shop on the main floor)
1.5hrs prior to your surgical booking time

Please do not throw out this information sheet as it contains important information and instructions that you should follow before and after your surgery.

Please take the time to read over this information carefully.

Before Your Operation

1. Report any signs of a cold, fever or infection that have recently appeared before the date of your surgery.
2. ***Do not take Aspirin*** or medication containing Aspirin for two weeks before surgery, since it interferes with normal blood clotting and thus may cause excessive bleeding during the surgery. Examples of medications that should be avoided include:

Advil	Entrophen	Percodan
Anacin	Fiorinal	Robaxisal
Aspirin	Ibuprofen	222's
ASA	Midol	282's
Bufferin	Novasen	292's

If you need to take something for headaches, take Tylenol. Please do not take any Vitamin E or naturopathic / homeopathic supplements for two weeks prior to the surgery as some of these supplements may interfere with the healing process. Examples include arnica, ginkobiloba, ginseng, garlic, flax oil, St. John's wort and echinacea.

3. Have a bath or shower washing thoroughly the night before surgery and again in the morning prior to coming in for your procedure.
4. On the night before surgery have your regular meal but do not eat or drink anything after midnight.
5. Wear comfortable clothing and leave all valuables and jewelry at home.
6. Please do not wear nail polish, make-up or moisturizer on the day of surgery.
7. For patients undergoing breast surgery bring a comfortable cotton sports bra. This will be used as part of the surgical dressing.

To be discharged home, a responsible adult must accompany you to your residence even if you are traveling by taxi.

After Your Surgery

1st Post – op appointment is on DATE & TIME

- ❑ Women's College Hospital, 5th floor, Ambulatory Clinics
- ❑ 790 Bay Street (south-west corner of Bay & College), 4th floor, Suite 410
- ❑ North York General Hospital (4001 Leslie Street), 1st Floor, Plastics and Orthopaedic Clinic

2nd Post – op appointment is at DATE & TIME

- ❑ Women's College Hospital, 5th floor, Ambulatory Clinics
- ❑ 790 Bay Street (south-west corner of Bay & College), 4th floor, Suite 410
- ❑ North York General Hospital (4001 Leslie Street), 1st Floor, Plastics and Orthopaedic Clinic

1. When you go home it is important that a relative or a friend spends the first night with you. Continue to take any previous medication as before, following the instructions on the bottle. Do not shower before your initial post-operative appointment unless instructed otherwise. You may sponge bath until you come into the office, however be careful not to get the bandages wet.
2. For pain, you can take Acetaminophen (e.g. Tylenol) and Ibuprofen (e.g. Advil) as prescribed on the bottle as needed. These 2 medications can be taken together. If other stronger pain medication (e.g. Tylenol #3 or Percocet) has been prescribed, use as prescribed but ensure that you are not combining regular acetaminophen or ibuprofen with these stronger pain medications.
3. **Do Not Smoke.** This will retard healing and increase the complication rate.
3. Unless otherwise instructed to do so do not undertake any exercises or heavy lifting for at least two weeks after the surgery. You can then slowly increase your activity level as tolerated.
4. It is normal to feel a little dizzy and drowsy after an operation. Therefore, you must not drive a car or perform any task that requires coordination or judgment for at least 24 hours following your anaesthetic.
5. After your initial post-operative appointment, you may have a bath or shower daily. If you have steri strip tapes covering incisions, they should remain in place, but if some of them peel off in the shower it is not a concern. Gently pat dry these areas with a towel after your shower and re-apply the dressing as instructed.
6. ***If there are any signs of bleeding, any sudden increase in the size of the area treated, or any increase in your body temperature, especially if this is accompanied by pain, call North York General Hospital Locating at (416) 756-6002 and ask locating to page Dr. Somogyi. If you are worried and cannot get in touch with Dr. Somogyi, please go to the emergency department at North York General.***