



My Operation Taku Pokanga

Information for your operation



Te Whatu Ora
Health New Zealand

Your Operation Checklist

As soon as possible

- ☐ Stop smoking/vaping.
- ☐ Stay active – short walks or exercise.

2 weeks before your operation

- ☐ Stop taking herbal remedies.
- ☐ Arrange for a family/friend to take you to hospital as required.
- ☐ If having day surgery arrange someone to travel home with you and an adult to look after you overnight.

7 days before your operation

- ☐ Check if there are any changes required regarding your routine medications for your operations.
- ☐ Lab tests should be completed (if requested and not already done so).
- ☐ NZBLOOD test to be completed (not earlier than this).

3 days before your operation

- ☐ Pack bag for hospital stay.

1 day before your operation

- ☐ Remove nail polish, jewellery, and body piercings.
- ☐ Check appointment letter – for details of admission.
- ☐ Check that family/friends are still ok with transport and postop care (if relevant).

Day of your operation

- ☐ Bring packed bag.
- ☐ Follow fasting instructions. You can drink water until you leave home to come to hospital. **No food** (or drinks with milk) **six hours before your expected arrival time**. This includes no milk, no lollies, no chewing gum or mints.
- ☐ Bath/shower – wash hair before coming to hospital.
- ☐ Valuables left at home.
- ☐ Bring all medication as instructed.

Welcome to Te Toka Tumai Auckland

As you get ready for surgery, you may have a lot of questions. This booklet will help you know what to expect before, during and after surgery.

You and your family are the most important members of your health care team. Do not be afraid to speak up and take an active role in your care. We encourage you to ask questions and learn all that you can about your surgery and recovery.

Warm regards | Ngā mihi,
The Perioperative Team



Preparing for Your Operation

Maintaining a healthy lifestyle and being as healthy as you can be before your operation is important for your recovery.

Staying Active



Maintaining a healthy lifestyle and being as healthy as you can be before your operation is important for your recovery. Even walking 5-10 minutes per day will make a difference.

Your GP or Practice Nurse can issue you with a green prescription to help you become more physically active and eat healthier, if needed.

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/green-prescriptions>

Stopping Smoking/Vaping



All patients are asked about their smoking status on admission and smokers will be offered nicotine replacement therapy to reduce their cravings while in hospital. Our hospitals have a smoke free policy. This requires anyone wishing to smoke or vape to do so off the hospital grounds site.

Stopping smoking or vaping for as little as 3 weeks improves wound healing and reduces risk of infection after your operation. In addition, your lungs will work better if you stop smoking for 6 weeks or longer before your operation. Please ask your Nurse or GP for nicotine replacement therapy to help you quit.

Quitline offers telephone support, text support and/or online support to help you quit smoking. Call 0800 778 778 or go to www.quit.org.nz for more information.

Planning your admission

Whether you need to stay in hospital after your operation depends on the type of surgery you will be having. For some procedures you will be able to go home on the same day.

For Day surgery: please have someone to travel home with you and an adult to look after you overnight. Surgery may be cancelled if you do not have any home support when discharged from hospital.

Advice for out-of-town patients: Please ask your surgeon whether a referral to the national travel assistant (NTA) is available for your operation. You can also contact your local NTA to ask if you are eligible for assistance.

Location of surgery

Your patient letter will tell you the location details for your surgery:

Greenlane Surgical Unit, Greenlane Clinical Centre

214 Greenlane West, Epsom, Auckland

All patients to report to Building 4, Level 2, Reception K,

- A** Main Entrance
- B** Side Clinic Entrance
- C** Side Clinic Entrance
- P** Parking
- Bus Stops
- Taxi Stand
- Staff Shuttle
- Staff Parking

Buildings:

- 4 Greenlane Clinical Centre
- 6 Costley Block
- 7 Clinical
- 8 Eye Clinic
- 11 Contact Centre
- 13 Staff Residence/ Admin
- 14 Admin/ Community Dialysis Unit
- 15 Cornwall Complex
- 16 Cornwall Complex
- 17 Cornwall Complex
- 19 Staff Hall
- 29 Croche
- 30 Home Dialysis Unit



Auckland City Hospital, 2 Park Road, Grafton

- ❑ On arrival, please report to the Transition Lounge, level 5, Building 1
- ❑ If your operation is scheduled for **Women's Health** on Level 9, please report directly to Level 9 Pre-op / ORDA (operating room direct admission, Level 9 (Building 32)

Visitors and patients should use Carpark A located at the front of the hospital and accessed from Park Road. Parking charges apply. There is also a free 15-minute drop-off and pick up area in this carpark.



For **other locations** please follow the instructions of the surgical booking team

Admission Time (time of arrival to prepare for surgery)

You will be advised of the time you need to be at the hospital by the surgical booker or nurse. This is your reporting time, not actual surgery time. This allows time for your preparation prior to surgery.

For some procedures, we will contact you the day prior to your operation. If your operation is on a Monday, you will be contacted on the Friday before.

What to Bring

Please pack your clothing and toiletries needed for your hospital stay into one small carry bag. Clothing needs to be loose, comfortable, and able to accommodate post-operative bandages and dressings. Wear supportive footwear.

Remember to bring:

- ▶ Medications / inhalers / insulin
- ▶ Dentures
- ▶ Mobility aids such as walking stick, walking frame
- ▶ Hearing aids and glasses (plus cases)
- ▶ Cell phone and charger
- ▶ If you use a CPAP machine for sleep apnoea

Please visit our website for further information

<https://www.adhb.health.nz/patients/>

<https://www.adhb.health.nz/patients/inpatients-staying-in-hospital/>

Fasting Instructions for surgery

For your safety, it is important for your **stomach to be empty** prior to your operation. If you are not fasted correctly your surgery may be cancelled.

Please follow these instructions:

***No food: Six hours** before your expected arrival time to the hospital. This includes **milk**, lollies or chewing gum.

***Water:** You can drink water until you leave home to come in for your operation on the day of surgery. Before leaving the house please have a glass of water and then nothing else (unless instructed) after that.

Blood Tests for Surgery

If you have been given a form for a blood test by your Specialist Doctor or Clinic Nurse have this completed before your operation date.

If you have been given a **NZBLOOD** form unless instructed, please have this test done within 7 days of your surgical date.

All tests **except** the **NZBLOOD** test can be done anytime and at any community Labtests collection centre.

<https://www.labtests.co.nz/collection-centres/>

For any other tests your surgeon requires e.g. urine test, please follow advice given.

IMPORTANT Medication Advice

Medications for certain medical conditions such as in the treatment of diabetes or blood thinners, may need to be adjusted or stopped for your operation.

Depending on the medication this can be as much as a week before your operation. In order to prevent cancellations or delay of your operation please ask your Specialist Doctor if this applies to you.

Changes in your medication

If you have been given medication advice and have had changes to your medication, please let the surgical booker know at the time of booking your operation date.

Please contact us on 0800 728 436 Monday to Friday 8.30am to 5.00pm or via email surgicalbooking@adhb.govt.nz

Stopping Herbal Supplements

It is advised that you stop taking herbal remedies and supplements **14 days before your operation**. If your operation is within 14 days, stop taking the remedies straight away and inform your Anaesthetist on the day of your operation. Some supplements can increase the risk of bleeding.

Feeling unwell before your operation?

Please contact us on 0800 728 436 Monday to Friday 8.30am to 5.00pm or via email surgicalbooking@adhb.govt.nz

- If you have any questions about your surgery
- If you become unwell (see below for examples)
- have any concerns

Please contact us as soon as possible if you need to change the date of your operation as we may be able to offer this opportunity to other patients.

For example:

- Fever / high temperature
- Diarrhoea / vomiting
- infected wounds
- Flu-like illness (e.g. Covid 19, chest infection)
- If you have a change in your health that has required medical attention since your appointment with the surgeon

If you are still waiting for a date for your surgery and have been unwell, please follow up with your general practitioner to make sure you are in your best health prior to surgery.

Have you changed address, GP or contact details?

Please contact us on 0800 728 436 Monday to Friday 8.30am to 5.00pm or via email surgicalbooking@adhb.govt.nz and provide us with your Name and NHI number, if you have recently **changed** any of the following:

- Your physical address and contact details (Landline, mobile, email)
- Your GP practice

It is important that we have your up to date contact information. Leading up to your surgery, you will begin to receive automated text reminders with some useful information.

Anaesthesia

What is Anaesthesia and who are Anaesthetists?

Anaesthetists are specialist doctors who provide safe care of patients while they are having an operation. They use several techniques so that patients have a good experience whether they are unconscious / asleep for procedures (known as **General Anaesthesia**) or whether a numbing technique (also called **regional** or **local** anaesthesia) or a combination of both is used. Sedation is used at times to help patients relax and feel more comfortable.

Examples of regional anaesthesia

Your Anaesthetist may discuss regional anaesthesia options with you if they are appropriate for your operation. These may include:

- ▶ Spinal anaesthesia for operation of the hip or knee, caesarean section
- ▶ Epidural anaesthesia for operation of the abdomen
- ▶ Nerve blocks for operation of the shoulders, arms or legs

More information can be found here:

<http://www.anzca.edu.au/patients/information-sheets>

<http://www.healthnavigator.org.nz/health-a-z/a/anaesthesia/>

Anaesthetic Assessment

Before your surgery you may be required to attend a pre-admission clinic, telephone interview or a combination of these.

- ▶ You may require further tests or time to improve your overall health prior to the operation. You will be given important instructions to follow prior to your operation.

Risk of Cancellation of Elective Surgery due to Emergencies or Unforeseen Circumstances

From time-to-time cancellation of elective surgery is unavoidable due to emergencies. When this happens, we will try and contact you as soon as possible prior to your admission. At times though, this may occur once you have arrived at the hospital. We will keep you informed if this were to happen and ensure that your operation is rescheduled as appropriate.

On the Day of Your Operation

- ▶ In order to prevent infection, please have a bath or shower and wash your hair either the night before or the morning of your operation.
- ▶ Please remove any make up, nail polish, jewellery and piercings before coming to hospital.
- ▶ After arriving at hospital, you will be taken to the preoperative waiting area where a nurse will carefully explain and carry out any pre-surgery preparations, including changing into operating room (OR) clothing. If you have any questions or concerns, please raise these with your nurse. You will see your Surgeon and Anaesthetist there.
- ▶ You can have one support person to stay with you while you wait to go in for your operation.
- ▶ The operating room (OR) provides a safe and sterile place for surgery. On arrival you will be met by your OR team; this may include your Anaesthetist, Anaesthetic Technician, Nursing Staff and Surgeon.
- ▶ You will be attached to monitoring equipment and an intravenous line is placed in your vein, to allow administration of anaesthetic medication.
- ▶ If a regional anaesthetic is planned, this will also be performed in the OR. Your Anaesthetist will stay with you throughout the operation and ensure you are comfortable.

Cultural Support

If you would like cultural support or have religious requirements, we offer a number of services. Please discuss with hospital staff prior to your admission.

If not already arranged please ask your Clinic Nurse or Specialist Doctor if you require an interpreter, the support of Kaumātua/Kuia, or contact with Kaiārahi Nāhi and Pacific Planned care navigators.

Where possible we will continue to support individual cultural requests within your operating room stay.

- ▶ You will be asked if you wish to have any body tissue removed during your operation, returned to you (if relevant, and safe to do so).
- ▶ Tissue that is required for further testing will be returned (if requested) at a later time.
- ▶ Due to limited space and privacy of other patients it is preferred that you only bring one person to the preoperative area.
- ▶ We respect your need if you should require a quiet moment for a karakia and if you wear a taonga please tell your nurse so that we can see how we can support this.
- ▶ One family member may be able to accompany a child or dependent into the operating room (OR) (if approved by Anaesthetist) until the patient has gone to sleep. No photos are to be taken or camera used at this time.

For more information on cultural and other support services

You can access further resources by visiting:

<https://adhb.health.nz/our-services/support-services/>

Post-operative Care

After your operation you will wake up in the post anaesthetic care unit (PACU). There you will be monitored closely as the anaesthesia wears off. You will only be discharged from this area once you are awake, stable and comfortable.

As the anaesthetic wears off you may:

- ▶ Notice that noises sound louder than usual
- ▶ Feel drowsy and remember little or nothing about the surgery
- ▶ Have blurry vision, a dry mouth, mild nausea or chills
- ▶ Have a mild sore throat if a breathing tube was placed in your trachea / throat during surgery
- ▶ Have an IV in your arm or hand, a catheter in your bladder and/or a drain near the incision
- ▶ Feel burning or pain in the area of your surgery

Pain management

An important aspect of your care is management of your pain. Post-operative pain relief is important for your physical and mental well-being.

- ▶ It decreases the stress on your body and promotes faster healing
- ▶ It enables you to walk sooner and breathe properly and deeply.

These are important to reduce complications.

We may need to regularly ask you to rate your pain in different ways – all of which are very straightforward. Depending on the type of operation, ranges of pain relieving methods are available. E.g. oral, intravenous, regional catheter

If given a script for pain relief, please make sure you fill the script at the pharmacy so that this medication is available once you go home.

Going Home

Within the first 24 hours after surgery avoid the following:

- ▶ Driving, cooking and use of dangerous equipment, machinery
- ▶ Use of alcohol
- ▶ Signing legal documents.

Before you go home, you will be given discharge instructions. Before you leave, make sure all your questions are answered. Your discharge instructions may answer most of your questions.

- ▶ Bathing and showering
- ▶ Diet- what to eat, what to avoid
- ▶ Driving
- ▶ Incision and dressing care
- ▶ Medications- dosages and when to take
- ▶ Pain control- what to expect, what to do
- ▶ Physical activity
- ▶ Physical and occupational therapy
- ▶ Resuming sexual relations
- ▶ Returning to work (a medical certificate can be given if required)
- ▶ Signs of infection

If you are concerned regarding an increase in pain or you are feeling sick when you get home, please contact your GP for advice, local out of hour's medical centre or the emergency department. Please remember to take your discharge summary with you.



Medical/Nursing Students/Trainee Anaesthetic Technicians

The Te Toka Tumai Auckland hospitals are affiliated with University of Auckland and Auckland University of Technology. We support students within the health professions who are provided training placements within our operating room departments. As part of this students are sometimes asked to help with simple tasks being undertaken by the team. These are always directly supervised by the relevant registered health professional. You will be informed by the team if there is a student working with them. Patients may decline having a student present, but allowing this opportunity is a valuable contribution to the training of our future doctors, nurses and anaesthetic technicians.

The Consumer Code of Rights

As a health consumer you have certain rights protected under law. If at any time you are not sure or are uncertain of your care or treatment plan, please ask your health professional.

For further information and available in different languages, go to:

<https://www.hdc.org.nz/your-rights/the-code-and-your-rights/>



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My Operation Taku Pokanga

Information for your operation at Te Toka Tumai Auckland

Authorised by: Deputy Service Clinical Director – Safety, Quality and Improvement (Surgical Preparation)
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Date of Review: September 2023

