

“What do I bring with me on the day?”

If you are planned to stay overnight after your operation, then you will need to bring some comfortable and practical sleepwear, some slippers and a dressing gown, along with your toiletries. If you have any test results or X-rays, please bring them along as well, along with any medications that you take. If you wear glasses or need walking aids etc, please bring them along with some reading material if you wish. A \$30 fee will be required as deposit for crutches if you are having foot, knee, or hip joint surgery so please bring this sum in cash.

“Can I have visitors?”

Visitors are welcome on the ESC Cullen ward between 8.00am and 8.00pm. Visitors outside of these times, within reason are at the discretion of the ward supervisor at the time.



Contact us

You can contact us directly for more information on 09 484 6000 between 7.00am – 5.00pm.

If your call is out of hours, the Cullen Ward Supervisor will answer your queries. Alternatively you can email us on informationesc@waitematadhb.govt.nz

Location & Parking

Parking is available within the North Shore Hospital Campus. The main carpark is directly alongside the ESC. Please see the location of both buildings on map below



**WELCOME TO
The Elective Surgery
Centre
WAITEMATA DHB**

“best care for everyone”
everyone matters with compassion better, best, brilliant connected

The Elective Surgery Centre (ESC) is a surgery provider hospital, located on the North Shore Hospital grounds in Takapuna, right next to the multi-level carpark building.

Please take time to carefully read the information provided in this pamphlet.

It will help you understand how you can actively participate in your care and achieve a streamlined admission and discharge, and a positive surgical experience.

Visit Us on Our Website
www.waitematadhb.govt.nz/esc

Preparation for surgery: Who to contact

A team of nurses called Peri-operative Coordinators (PNC) who oversee your journey from when you are confirmed as requiring surgery. They plan and follow-up on all your investigations and results, coordinate your treatment plan with the medical team, and manage your referrals to other services. If you have any queries or concerns about your admission, or your health condition changes, please contact the respective team member.

The team work **Monday to Friday between 8.00am and 4.30pm** and they can be contacted on the following numbers:

General Surgery Enquiries

09 484 6097

Orthopaedic Surgery Enquiries

09 484 6029

Gynaecology and Urology Surgery Enquiries

09 484 6026

You will be called the DAY BEFORE your surgery with the necessary instructions and arrival time, this call is from the Preoperative Nursing team at ESC. They are not the PNC who supports you through your journey, if anything changes prior to your surgery or you have any questions please contact them on the above numbers.



What Happens on the Day of your operation?

Please follow the steps below to ensure everything goes smoothly on the day.

1. **Strictly follow the instructions** given to you regarding eating and drinking times and when to take or stop your medication.
 - You must **not eat anything 6 hours prior to your operation**. That includes not having chewing gum or any type of mints or lollies. If your admission time is 12.00 noon or later, please have a light breakfast before 7.00am.
 - **Drink only small amounts of clear water up to two hours before your operation.**
 - **Take your medication with sips of water only, or withhold as instructed.**
2. Present to the hospital on time as notified the day before.
3. Please have a shower and wash your hair but do not shave the surgical site as cutting or grazing the skin may result in your operation being cancelled due to the risk of wound infection.
4. Please remove nail polish, and do not wear makeup, lotions, perfume or aftershave as it may interfere with monitoring during anaesthesia. Jewellery should be removed and left at home.
5. You must have a responsible adult to drive you home and stay with you overnight if you have a day surgery procedure.

The recovery team will contact your support person when you are ready to go home.

6. Cullen Ward (Inpatient ward), will be notified of the discharge day. Discharges are at 11.00am, you will need to organise to be collected by this time.
7. **Please contact your Perioperative Nurse Coordinator if there are any changes to your health or personal circumstances which may affect you on the day of surgery.**

FREQUENTLY ASKED QUESTIONS

“What happens when I arrive at the ESC on my day of surgery?”

When you arrive, you will be greeted by one of our receptionists, who will verify details. You will be collected by one of the preadmission nurses, who will take you to the pre-operative area to complete the pre-op check list. You are welcome to bring a support person with you at this stage of your journey. Your surgeon and anaesthetist will also meet you to consent for your procedure and answer any questions. You will then wait in our pre op lounge until the time of your operation. The pre op lounge is a patient only area and it is at this stage that your support person will be asked to leave. A call bell will be provided if you require assistance. There may be a waiting period before going into the operating theatre. You are welcome to keep your phone with you at this time, or bring your own reading material. Please switch your phone off before being taken into theatre.