

137, 501 Bethel Drive
Synergy Wellness Centre
Sherwood Park, AB T8H 0N2Tel: 780-570-5494
Fax: 780-570-5493**SURGERY BOOKED FOR:**

- **Your surgery will take place at the Grey Nuns Hospital.**
- **You must follow the fasting instructions (attached).**
- **You will receive a phone call from the Pre-Admission clinic to confirm your surgery time between 1:00pm-2:00pm the day before your surgery. If you have not heard from the Pre-Admission clinic by 2:00pm please call 780-735-7406 between 2:00pm-4:00pm for your time. If your surgery is on a Monday, you will receive a call the Friday before.**
- **If you are a day surgery patient, you will need to have someone take you home & stay with you overnight as the hospital will not leave you on your own.**
- **If you are an overnight stay for your surgery, you will be booked for a Pre-admission Clinic appointment, the Hospital will contact you with that time & date.**

If you require any additional information, please do not hesitate to contact me directly.

Regards,

Chelsea Edl
Medical Office Assistant to Dr. Allan Ho

**** PLEASE NOTE: Any Insurance/Disability forms requiring completion after surgery will need to be filled out by your family doctor as Dr. Ho is no longer able to complete them. We will send all surgery information to your family doctor with recovery timelines, etc. to enable them to fill these for you. ****

Eating and Drinking Before Surgery

****There is absolutely no eating or drinking after midnight the day before your surgery.** Follow these instructions are for your safety, to prevent aspiration (food in your lungs). Aspiration is life threatening.

If you have medications you would normally take first thing in the morning, please bring them along with you to the hospital and the Nurses there can determine if they can wait until after surgery.

Do not drink any alcohol for 24 hours before surgery.

137, 501 Bethel Drive
Synergy Wellness Centre
Sherwood Park, AB T8H 0N2Tel: 780-570-5494
Fax: 780-570-5493

POSTOPERATIVE INSTRUCTIONS **AFTER EAR SURGERY**

1. **Diet:** Encourage to drink and eat ASAP
2. **Activity:** Encourage to mobilize ASAP, but no lifting anything 5 lbs or >. No bending at the waist. No reaching above head. Do not do anything that puts strain on ears.
3. **Dressing:** Remove head bandage or eye pad (Steri-strips) on ear next morning.

Understand that some discharge of blood is completely normal and will become clear and then will stop altogether in about 3-6 days postoperatively. In some cases, if there is a buildup of dried blood in the ear canal, the discharge may continue to be discolored. This is normal. Dr. Ho will clean the ear at your postoperative follow-up appointment.
4. **Advise to put Polysporin/polytopic ointment on wound where there are sutures.** This can be applied twice per day using a Q-tip until their postoperative review appointment with Dr. Allan Ho
5. **Advise to keep ear dry**, ie, Place cup over ear (patients can put Vaseline around edge of cup for waterproofing), and then get hair washed around ear. This can be done after head bandage or eye pad on ear has been removed.
6. **Ciprodex eardrops are to be used:** 4 drops, 3x per day into ear, directly on inner ear dressing until postoperative follow-up appointment.
7. **If ear dressing comes out of ear, do not be worried.** Just cut off the dressing that has come out of the ear canal with a pair of scissors. **DO NOT try to stuff it back in ear canal or pull anymore out!!!**
8. **Be Reassured** that some discharge from ear or from wound behind the ear is normal for 3-6 days postoperatively. It should reduce in volume every day as will the pain.
9. **Follow-up Appointment:** You will be contacted by our office for a postoperative follow-up appointment after surgery. This appointment will be scheduled for 2-3 weeks after surgery, depending on Dr. Ho's orders in chart.
10. Contact our office if pain increases despite taking prescribed pain medications, if there is an *increase* in bloody discharge that starts suddenly, or if fever develops. If these things occur over a weekend when our office is closed, please proceed to the **Emergency Department at the University of Alberta Hospital or Royal Alexandra Hospital** and let them know the details of your recent surgery with Dr. Ho.

Please be aware that most postoperative symptoms will decrease a little bit every day. Some may take a bit longer, but Dr. Ho will address to your symptoms, ensure that healing is occurring and reassure you of these things at your postoperative follow-up appointment.

Guidelines to follow after a general anesthetic

The drugs given to you during surgery can stay in your body for 24 hours after surgery. As they can alter how you think and do things, for 24 hours do not:

- Drive a vehicle or use power tools
- Return to work or school
- Drink alcohol
- Decide on any legal or money matters
- Do not drive while taking strong pain medications

It is important that you follow the directions in this pamphlet. If you do not, your surgery may be cancelled.

Notes:

Illness

If you are ill, or for any other reason must cancel your surgery, please call the Day Ward as soon as you can at 780-735-7400 and call your surgeons office.

Questions

If you have any questions, please give us a call:

Unit 44 Day Ward 780-735-7400

Pre Admission Clinic 780-735-7406

Address

Grey Nuns Community Hospital

1100 Youville Drive West

Edmonton, Alberta

T6L 5X8

This pamphlet was written by the staff of the Surgery Program, Grey Nuns Community Hospital. Revised July 2016. Reorder #80556





You are booked for surgery at the Day Ward Unit of the
 Graydon Memorial Hospital. This information will
 help you plan and prepare for your surgery.

Date of Surgery: _____

Your doctor's office will tell you the date of your surgery. An admitting clerk will call you to confirm your address, birthday and health care number.

Ask your surgeon about your regular medications the morning of surgery.

Take	Do Not Take

* You will receive a phone call from the Pre Admission Clinic (PAC) to confirm your surgery time between 1:00 pm and 2:00 pm the day before your surgery. If you have not heard from PAC by 2:00 pm please call 780-735-7406 between 2:00-4:00 pm for your time. If your surgery is on Monday, you will receive a call the Friday before.

Time of Arrival: _____ Surgery Time: _____

Come directly to the Day Surgery Unit on Unit 44 (on the fourth floor) when you arrive at the hospital.

Before you come to the hospital your doctor will have arranged for:

- Your medical history and physical exam
- You to sign a consent for your surgery
- Lab and Diagnostic tests if needed

Food and Drink

Eating and drinking the right things helps your body get ready and recover faster from surgery. For your safety it is important to follow the information outlined in the Eating and Drinking before Surgery handout. Do not chew gum or breath mints three hours before your surgery.

Gum Chewing After Surgery

Chew gum three times a day after surgery. This improves your digestive function. Please bring a package of your favorite sugar-free gum to the hospital.

Valuables

Please leave all your valuables at home. This includes credit cards, jewelry and money.

Cosmetics

Please do not wear any make-up on the day of surgery. Do not wear mascara, lipstick, nail polish, jewelry, face cream or contact lenses. All body jewelry and piercings must be removed.

Bathing

Have a shower or bath the night before or the morning of your surgery. Remember to wash your belly button.

Clothing

You will be more comfortable if you wear loose fitting clothing. Wear comfortable shoes.

* Walking to the OR

Be prepared to walk to the OR (if able).

Planning for your discharge

- You must make plans before surgery to have a responsible adult take you home, even if you travel by taxi or bus. If you do not arrange to have someone take you home your surgery will be cancelled. Traveling by motorcycle is not acceptable.
- You must have a responsible adult stay overnight with you after your surgery.
- Your driver must be ready to pick you up when we call.
- We strongly suggest that if you live out of town, you plan to stay in Edmonton the first night after your surgery.