



Instructions for the day before your orthopaedic operation / procedure

Information for patients from Pre-assessment at Kent and Canterbury Hospital, Canterbury

Why have I been sent a text message before my procedure?

Around 10 days before your surgery, the hospital will send you a text message. In this message is a link to a short form. **Please complete this form at least 7 days before you come into hospital for your surgery.** This will allow us time to check through your responses and contact you if we need to discuss your general health or medications before surgery.

If you do not complete the form at least 7 days before, your surgery may be rescheduled or cancelled. You will be sent a reminder to complete the form 7 days before your surgery.

If you have any problems completing the form, please contact the Pre-assessment team on 01233 616602.

If you do not have a mobile phone, a member of the team will contact you on your home phone around 7 days before your surgery. They will complete the form with you over the phone.

You have a surgical procedure at East Kent Hospitals in the next 10 days. Please complete this form within 7 days <https://itx.ekhuft.nhs.uk/pre-operative-confirmation-prior-admission/da16c840-bf6f-5880-9b68-9d807b10f-d54>. For any questions call [01233616602](tel:01233616602)

An example of the text message you will receive around 10 days before your surgery

To proceed as planned with your operation

Please be aware, that your surgery may be delayed or cancelled. So if any of the following apply to you, please call the Pre-assessment Clinic on 01227 783114.

- If you see your **GP** for any reason.
- If there have been any changes to your normal **medication** / or you start taking new medication.
- If you have a cough, cold, sore throat, diarrhoea, or vomiting, or other **illness** in the 2 weeks before your planned operation.
- If there is any chance that you have an **infection** in any part of your body, such as a tooth infection.
- If you have any **ulcers**, open wounds, grazes, insect bites, or cuts on your skin, on any part of your body.
- If you have had any other **procedure**, including dental or podiatry, in the 3 weeks before your operation date.
- If you become **pregnant**.
- If you are planning to **fly** 6 weeks before or 3 months after your surgery.

You may no longer need or want to proceed with your operation if:

- Your symptoms have resolved (got better on their own).
- Your symptoms have improved to a manageable level, and are no longer affecting your quality of life.
- You no longer want the procedure / operation.

If any of the above apply to you, please contact the Pre-assessment Clinic on 01227 783114 as soon as possible.

Pre-assessment contact numbers

- Pre-assessment Clinic, **Kent and Canterbury Hospital**, Canterbury
Telephone: 01227 783114
- Inpatient Pre-assessment, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate
Telephone: 01843 235115
- Arundel Unit Pre-assessment, **William Harvey Hospital**, Ashford
Telephone: 01233 616743

Once you have been given a date for your operation, **please contact the Waiting List Office if you are not able to attend for any other reason.** The Waiting List Office telephone number is on your admission letter.

If you do not have a date for surgery, the Waiting List Office will contact you. Please be aware that there may be a delay between your pre-assessment appointment and the date of your surgery. You may have to return for an updated pre-assessment, to make sure we update your health status and investigations.

Please do not smoke for at least 48 hours before your procedure / operation.

If you are planned to be discharged from hospital on the same day as your surgery, please make sure that you arrange for a responsible adult to stay with you for the first 24 hours.

On the day of your procedure / operation

- Please do not wear nail varnish, false nails, or make-up.
- You must have a bath or shower at home before coming to the hospital.
- If you have been given some decolonisation treatment, please use this for 2 days before and on the day of your surgery. You also need to bring this to the hospital, as you will need to continue using it during your hospital stay.

You must follow the decolonisation treatment instructions below. This treatment and good personal hygiene (bath or shower at home) will reduce your risk of infection. If you do not follow this advice, your operation may need to be re-scheduled.

- Please bring a dressing gown and slippers with you.
- Space at the bedside is limited. Please only bring one small item of luggage and leave valuables at home.

Please attend _____ at _____ on _____

Fasting instructions

If you are having surgery in the morning

- Do not eat food after 2:30am on the day of your surgery. Please do not drink milk or fruit juice with pulp **after** 2:30am.
- Only drink non-alcoholic clear fluids, such as water or black tea / coffee until 6:30am. This does not include fizzy drinks.

If you are having surgery in the afternoon

- Do not eat food after 7:30am on the day of your surgery. Please do not drink milk or fruit juice with pulp **after** 7:30am.
- Only drink non-alcoholic clear fluids, such as water or black tea / coffee until 11:30am. This does not include fizzy drinks.

Should I take my normal medication before my surgery?

- Please bring to hospital all your usual medications in their original containers. This includes any inhalers, eye drops, creams, and ointments.
- Except the following: _____
- Specific medication instructions:

Name of medication	Last dose to be taken	Date	Time

Name of medication	Last dose to be taken	Date	Time

Please continue to take all other regular medication as usual on the day of your surgery. These can be taken with a sip of water.

Before you come to hospital, please make sure that you have enough of your normal painkillers at home that you would take for mild to moderate pain.

How do I use the decolonisation treatment?

If you have been asked to use MRSA decolonisation before your surgery, please follow the instructions below. Please note decolonisation is not needed for all surgery.

Please bring the treatment wash and nasal ointment to the hospital with you, as the kit that you have been given contains enough for the 5 days.

2 days before operation	1 day before operation	Day of operation	1st day after operation	2nd day after operation
Body wash	Body and hair wash	Body wash	Body and hair wash	Body wash
Nasal ointment twice a day	Nasal ointment twice a day	Nasal ointment twice a day	Nasal ointment twice a day	Nasal ointment twice a day

Further information

Peripheral nerve blocks for lower limb (lower leg and feet) surgery leaflet

Nerve block can be an anaesthesia or pain relief option for the type of operation you are scheduled for. This leaflet explains what a nerve block is, and how it can help with pain relief during and after surgery on the lower limb.



<https://leaflets.ekhuft.nhs.uk/peripheral-nerve-blocks-for-surgery-on-lower-limb/html/>

Peripheral nerve blocks for upper limb (shoulder, arm, or hand) surgery

Nerve block can be an anaesthesia or pain relief option for the type of operation you are scheduled for. This leaflet explains what a nerve block is, and how it can help with pain relief during and after surgery on the upper limb.



<https://leaflets.ekhuft.nhs.uk/peripheral-nerve-blocks-in-upper-limb-arm-surgery/html/>

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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