How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare

Contact Details for the Plastics Department:

Plastic Nurse Practitioner:
bht.plastic.surgeryelective@nhs.net

Ward 16B (Stoke Mandeville): 01296 318111, 318110
Ward 12A (High Wycombe): 01494 426401
In an emergency: If you become severely unwell please attend your closest A&E department.
Concerns in working hours (8:00-20:00 Mon-Fri): 01296 315000 (Bleep 774)
Concerns out of Hours (20:00-8:00 Mon-Fri & Sat/Sun)
Please contact Stoke Mandeville Hospital on 01296 315000 (Bleep 524)
Questions regarding follow up appointments please contact the plastic surgery secretaries on: 01296 315117, 316639, 315119

Author: Zoe Avent
Issue date: October 2017
Review date: October 2019
Leaflet code: PLA-016
Version: 1.0

Patient information leaflet
If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care, every time
Aims of this leaflet
This leaflet will help you prepare yourself or relative for your inpatient or day case procedure and explain what you can expect during your stay.

Before you come to hospital
We will send you an admission letter telling you the date, time and the ward to go to for your admission to hospital.

We no longer supply paracetamol and ibuprofen on discharge. Please ensure that you have supplies at home. The doctor/nurse discharging you from hospital will discuss pain relief with you and answer any questions you may have.

Cancelling and re-arranging your surgery
Let your surgeon’s secretary or admitting ward know if you develop a cough, cold or high temperature a few days before surgery. If you are treated for a chest infection requiring a course of antibiotics within a month of your planned operation, please inform us. We will be able to tell you whether your operation can still go ahead.

Admitting Wards (Monday – Friday 07:30 – 17:00)

Day Surgery Unit (Stoke Mandeville)
Tel: 01296 315637

Day Surgery Unit (High Wycombe)
Tel: 01494 425581

VTE (Venous Thromboembolism)
During your admission you will be assessed to establish your individual risk of developing a Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE). Based on your assessment it may be necessary to prescribe you anti-embolism stockings (TEDs) or Fragmin®

Going home
If you are discharged the same day and have had general anaesthetic you cannot go home on public transport. You will need to arrange someone to take you home after your operation. This will be more comfortable and easier to return to hospital should there be any complications.

Wound care and hygiene
We will give you specific wound care instructions before you are discharged. When you return home, please let us know if you notice:
• Redness or swelling of the wound
• Bleeding or leaking from the wound
• New or increased pain not relieved with pain relief
• A fever (high temperature).
Please telephone us for advice on the contact details listed at the end of this leaflet if you have any concerns.

Follow up care
Please make sure you have enough pain relief at home. We will let you know when you need a follow up. You should receive a letter confirming the date and time of your appointment
**Medicines**
Before a general anaesthetic we need to know all about the medicines that you use, including inhalers or creams and off-the-shelf medicines. You should continue to take your normal medicines up to and on the day of your surgery, unless your Anaesthetist or Surgeon have asked you to stop certain medications, this would have been discussed in your clinic appointment.
Please bring all your medications with you to hospital in their original containers. Ensure you discuss your medications at Pre-op in case some drugs need to be taken early.

**Meeting your Anaesthetist**
You will normally meet your Anaesthetist before your operation.
Your Anaesthetist is responsible for:
- Your well being and safety throughout your surgery
- Agreeing a plan with you for your anaesthetic
- Giving you your anaesthetic
- Planning your pain control with you
- Managing any transfusions (medicines/ blood) you may need.
- Your care in the intensive care unit (if this becomes necessary)

Your Anaesthetist will look at the results of your health check and may ask you more questions about your health. They may also need to listen to your chest, examine your neck and jaw movements and look in your mouth.

If you have any questions or concerns about the anaesthetic, this is a good time for you to ask the Anaesthetist.

**Preparing for your operation**
**MRSA** (Methicillin-Resistant Staphylococcus Aureus)
As part of the routine pre-operative process, you will be screened for MRSA. This is done at your pre-operative assessment with a swab. Results are available after 2-3 days.
If you are found to have MRSA you will need a course of treatment to reduce the risk of developing a more serious infection. You will need to make a second visit to the hospital to collect your treatment prior to your operation.

**Bathing and showering**
Please bathe or shower with soap and wash your hair on the morning of the operation. This reduces the risk of developing an infection.

**Smoking**
Do not smoke on the morning of your surgery. If possible, try to give up smoking altogether, or cut down before you are due to come into hospital. Smoking reduces the amount of oxygen in your blood and increases the risk of breathing problems during and after an operation, it also delays wound healing.

**Health check before your anaesthetic**
Before your anaesthetic we need to know about your general health. At the pre-operative assessment we will carry out a health check by asking you questions. You may also need to have some tests, such as an Electro Cardiogram ECG, to make sure you are fit enough to have an anaesthetic.
Fasting instructions

Please make sure that you follow the fasting instructions below for a general anaesthetic.
Fasting is very important before an operation. If you have anything in your stomach whilst under anaesthetic, it might come back up whilst you are unconscious and get into your lungs.

Please follow these instructions carefully. If the instructions are not followed, this may result in your operation being cancelled.

Fasting instructions (for an morning operation)
• Eat and drink normally until midnight (24:00)
• Have a drink of water at 06.00 (this does not include juice, cows milk, coffee/tea).

Fasting instructions (for an afternoon operation)
• Eat and drink normally the day before your operation
• On the morning of the operation or procedure you may eat breakfast/milk/tea/coffee but must be finished by 07:30
• You can have a drink of water (not juice or milk) but to be finished by 11:30am.

Please do not chew gum or eat boiled sweets on the day of your operation.

Pregnancy statement
All female patients aged between 12 years – 55 years will need to have a pregnancy test before their operation. This is in line with our hospital policy. We need to make sure it is safe to proceed with the operation. Many treatments including anaesthetic, radiology (x-rays), surgery and some medicines carry risks to an unborn child. The pregnancy test is a simple urine test and the results are available immediately. If the result is positive we will discuss this and work out a plan to support your treatment.

How is the operation carried out?
The operation is normally carried out under general anaesthetic or local anaesthetic injections. Local anaesthetic injections means you will be awake during the procedure and uses an injection to make the injured area go numb. If this option is possible it will be discussed with you by the doctor at your clinic appointment.

Anaesthetic risks – general anaesthetic
Modern anaesthesia, serious problems are uncommon. Risk cannot be removed completely, but equipment, training and drugs have made general anaesthesia a much safer procedure in recent years.
Most adults recover quickly and are back to normal soon after their operation and anaesthetic. Some adults may suffer side effects like sickness or a sore throat.