

Patient Information Leaflet



Caring, efficient and patient centred; Our NHS Day Surgery unit is dedicated to your wellbeing and providing exceptional surgical care.

What is Day Surgery?

Day surgery is an operation or surgical procedure that does not involve staying overnight in hospital. Patients are admitted on the day of their procedure, and go home the same day.

Ysbyty Ystrad Fawr (YYF) Day surgery Unit is open 07:00-12:00 Monday-Saturday

Visiting times are 6:00pm-8:00pm Monday to Friday - no visitors will be allowed on the ward outside of these hours, however there is waiting room available.

The YYF Day Surgery Unit has mixed facilities, including single rooms and day surgery bays. Lockers for small items such as phones, jewellery and medications are available.

Fasting Information

Do not eat after 02:00am on the morning of your surgery. Please have a drink of clear fluids (water, squash, black tea or coffee) before 06:00am. You can continue to sip water (1 cup maximum) per hour after 6am.

Checklist of things to bring:

- Any medications or inhalers you are taking.
- Dressing gown and slippers (if you have them).
- Something to read / Mobile phones etc.
- Name and phone number of relative or friend collecting you after your procedure.
- Aneurin Bevan University Health Board cannot accept responsibility for any valuables brought onto the unit. Patients are not permitted to take their mobile phones into theatres whilst they are having their operation.

During Your Stay

On arrival at the Day Surgery Unit (DSU), please report to Reception. You will then be shown into a waiting area, where staff will begin their safety checks and prepare you for your procedure.

Your given arrival time onto the unit is not the time you will be having your procedure; your procedure could occur at any point during the day. You will be on the unit for a few hours, in some instances the whole day.

Any advised timings will be indicative. Please remember that the exact time an operation starts is dependent on the other procedures on the list. Recovery time may also vary, some patients may take more or less time than others to recover.

Our day surgery ward has mixed bays and toilets. If you have any concerns regarding your privacy or dignity in this type of accommodation, please let the nurse who is looking after you know and we will do everything possible to respect your wishes. In some areas such as recovery, we have to accommodate mixed genders together. Every effort is made to respect the privacy and dignity of patients in these areas by the use of screens/curtains.

A member of staff will collect you from the waiting area and show you to your allocated room or bay with curtain.

Following completion of the procedure, you will be transferred to 1st stage recovery and you will stay there until you are fully awake and comfortable. You will then be taken by trolley or wheelchair to our day surgery ward, to 2nd stage recovery for post-op care.

Here you will be encouraged to:

- mobilise
- use the bathroom
- eat
- drink
- get dressed
- ready for discharge home

YYF Rhymney Ward is open 24 hours, however, in rare cases patient requiring enhanced care may be transferred to another hospital site, i.e GUH.

Following your operation your pain will be managed in several different ways. This includes Paracetamol for most patients. You are likely to be given the first dose before your operation, in order for it to be working by the time your operation is finished. Regular use of these simple painkillers significantly reduces the amount of stronger painkiller you will need and hence reduces the side effects associated with these stronger drugs.

On leaving hospital you will be given:

- Advice on caring for your wounds/dressings
- Advice and/or pressure stockings and/or injections to reduce blood clots
- Contact details if you have any concerns and require postoperative advice
- We advise that you have a supply at home of simple pain killers, such as paracetamol. If you require any further medication the hospital will supply this.
- Information regarding any follow-up appointments that are required

DO ensure you have someone to collect you from the hospital and can provide contact details for them

DO have 24-hour supervision by a responsible adult following discharge (this will depend on the procedure you had)

DO NOT go home alone in a taxi or by public transport

DO NOT drive for at least 24 hours following your general anaesthetic. This may be longer and will depend on the advice of your anaesthetist/ surgeon

Admission
Into Ysbyty Ystrad Fawr unit
by 7:00am, however
admission times may be
staggered

Operation
You may be required to wait
with other patients. YYF does
have some single rooms and 3
bays

1st Stage Recovery
This is where you will wake up
from your procedure

2nd Stage Recovery
Will take place on Rhymney
Ward. This is where we ensure
you are ready to be
discharged.

**Discharge from the unit by
21:30pm**

Useful contact numbers following surgery

Day Surgery Royal Gwent Hospital –01443 802636/ 01443 802554

Surgical Assessment Unit (GUH) – 01633 493341

Gynaecology Assessment Unit – 01633 493556

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**