

General guidance

Regarding your surgery

Aleris Hamlet

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Employee ID: 20543

Important information about your surgery

In addition to this general brochure, you will also receive a brochure about the specific surgery that you will undergo. If you have any questions about your treatment, you can ask the doctor or staff upon arrival. You are also always welcome to contact the hospital.

Before the day of surgery

- Make arrangements with your relatives to get help after the surgery.
- Ensure that there is food at home for the first few days.

Pause with medication

It is important that you have agreed with the specialist whether you should pause any of your regular medication before the surgery. You can read more in the folder "Regular medicine in connection with your surgery" folder.

Health condition before surgery

If you become ill close to the day of surgery, you should contact us. We will then assess whether a new appointment needs to be found.

This also applies if there are changes in your health or your regular medication before the surgery.

The skin

To avoid infection, it is important that you contact us if you get cuts or sores, on the skin around the surgery site.

Pregnancy

If you become pregnant close to the day of surgery, you must contact us. It may be necessary to postpone the operation or take precautions during the procedure.

Fasting rules

You must arrive fasting for surgery if you are having a general anaesthetic, an epidural anaesthetic or regional anaesthesia (block). It is important, that you follow the rules on fasting in the box on page 3. Otherwise, we may have to postpone your operation.

Transport

You must arrange your own transport to and from Aleris. You are not allowed to drive yourself home after your surgery.

Are you going home the same day?

After surgery under general anaesthesia, you can expect to be ready to be picked up about 4 hours after your appointment time. This may vary, and the nurse will provide you with more detailed information upon arrival.

Will you be admitted until the next day?

Most people can expect to be picked up after breakfast. The nurse will pro-

vide you with more detailed information upon arrival.

Ordering transport

The reception at Aleris will be happy to help you order Falck or a taxi.

Transportation

If you have been referred by the public health system, there may be a local agreement that entitles you to be driven home.

If in doubt, contact your local hospital or patient adviser.

Driving allowance

The reception at Aleris can assist with an application for mileage allowance. You must arrange for this to be submitted to your local hospital or your health region.

Diet, Smoking, Alcohol and Exercise

Good general health is important for a successful outcome. That is why our focus on talking to you about your lifestyle. At the preliminary examination the doctor will therefore ask you about your lifestyle habits and provide guidance if needed.

Diet

If there are any special dietary considerations we need to be aware of, please inform us at least 2 days before the surgery.

You should pay attention to getting a good protein-rich diet.

Fasting rules

You are allowed to eat up to six hours before your appointment. After that, you are not allowed to eat.

Up to two hours before the time of your appointment, you may:

- Drink water, squash, pulp-free juice, black tea/coffee
- We recommend that you drink one glass of sweet squash or pulp-free juice two hours before the time of your appointment, as this can reduce discomfort
- Avoid sugary drinks if you have diabetes

If you have diabetes:

- If your surgery appointment is before 11 AM, you must not take either insulin or tablets in the morning of the day of surgery
- If you are going to have surgery on or after 11 AM, you can take half your dose of insulin with breakfast at 5 AM, but no later, on that day

Smoking

We recommend that you stop smoking six weeks before surgery, as smoking inhibits wound healing and increases the risk of complications. You can ask your GP for help to stop smoking.

All our hospitals are smoke-free.

Alcohol

Follow the recommendations of the Health Authority, as there may otherwise be an increased risk of complications.

If your alcohol consumption is higher than the recommended guidelines, you can ask your GP for help.

Exercise:

The Health Authority recommends that you exercise for at least half an hour every day.

Home care and assistive devices

We recommend that you have taken a position on the need for home care and assistive devices before the operation.

Home care

You should inform the home care service about your surgery and make arrangements with them for any increased help needed after the surgery. The nurse can also assist if necessary. Please bring the phone number of the home care service.

Note: Some municipalities charge for temporary home help.

Assistive devices

We will advise you on renting or purchasing aids where necessary.

Telephone and Internet

You are allowed to use a mobile phone in the hospital, but consideration must be given to other patients and their relatives.

Wi-Fi is available in all of our hospitals.

On the day of surgery

Before you go to surgery

- Have a shower at home, but avoid creams and make-up
- Remove jewellery and piercings and leave them at home
- We will talk to you about contact lenses
- You can bring glasses, hearing aids and dentures with you to the operating theatre

Always bring

- All your usual medicines in their original packaging
- Loose clothing that can withstand discoloration
- Practical shoes that fit snugly and are easy to remove
- Your assistive devices
- Bring a toiletry bag if you are going to be admitted

Optional

- Mobile phone and reading material

Reception for surgery

When you arrive at Aleris, please contact reception.

The nurse will pick you up and inform you about the procedure. Before the operation, you must:

- Change clothes
- Possibly remove hair in the surgical area
- Take painkillers and anti-nausea medication
- Use the toilet
- Talk to the specialist and have the surgical site marked
- Be informed about the anesthesia

Next of kin

We recommend that you involve your next of kin in your treatment:

- When talking to staff
- When given instructions
- On discharge

For reasons of discretion, adults cannot be visited by relatives. Children can be accompanied by parents.

Relatives are welcome to stay in the lounge while you are undergoing surgery and in the recovery room.

Visits

Your relatives are welcome to stay until 10 PM. However, please take other patients into account.

Valuables

We recommend, that you omits bringing valuables. You have the option of locking away your belongings. Aleris does not cover lost property.

Sedation

Before surgery, the anaesthetist will inform you which anaesthetic is best for you. Your health and the type of surgery will be taken into account.

If you have experienced side effects from anaesthesia in the past, it is important that you inform the anaesthetist.

Most side effects from anaesthesia are preventable.

Surgery and recovery

Operation

For minor operations under local anaesthetic, you can go home immediately afterwards once you are ready.

After surgery under general or spinal anaesthesia, you wake up in the recovery room.

Recovery

In the recovery room, we will observe you and give you pain medication as needed. You will also be offered something to eat and drink.

If you have had outpatient surgery, you can go home once you are well. The doctor and nurse will inform you about the operation and precautions to take at home.

If you need to stay in hospital, you will go to the ward once you are awake and stay there until you are ready to go home.

Use of a pain scale

To assess the amount of pain you are experiencing, we will ask you to rate your level of pain on a scale from 0 to 10. No pain gets a score of 0, and a score of 10 is the worst imaginable pain. Good pain management is when you rate your level of pain as less than or equal to 3 at rest. This means that you can know that you have had surgery, but it is bearable and you can possibly sleep with it.

Pain management

You should expect pain after surgery. We will plan the pain treatment that works for you in association with you. Paracetamol and Ibuprofen are used after the vast majority of operations, possibly supplemented with a morphine-like preparation. The pain may increase a few hours after surgery, as you have been given local anaesthesia in the wound, which ceases to work over time.

For some procedures, we recommend that you buy over-the-counter painkillers. You will be given prescription pain relief for other procedures. In all cases, the doctor will update your medication record.

Rehabilitation and physiotherapy
If you need physiotherapy, you will either talk to a physiotherapist during your admission or be referred to a physiotherapist.

At Aleris, FysioDanmark is responsible for physiotherapy instruction and

treatment both in connection with your admission and/or after surgery.

In Ringsted, Ryg- og Sportsklinikken is the physiotherapy clinic that we use.

FysioDanmark has clinics throughout the country, and we can help you find a clinic that is close to your home or work. In Ringsted, Ryg- og Sportsklinikken has a clinic at the hospital.

If you are referred from the public health sector, rehabilitation may be arranged via your municipality.

Discharge

You will be informed of your expected length of stay during the preassessment. Before you are discharged, the nurse will discuss follow-up with you.

Medical records

On discharge, you will receive a description of your surgery and the plan will be e-mailed to you, unless otherwise agreed.

Your GP will always be informed of your visits to us, unless you have declined this.

Follow-up and check-ups

Before discharge, you will agree a treatment follow-up plan with the specialist. If it has been agreed that you will have a follow-up visit with us, you will usually be given an appointment before you go home.

After discharge

Contact with Aleris

Depending on your surgery, one of our nurses will phone you within a few days. You can ask questions and have information repeated.

You are always welcome to contact us if you have any doubts about your treatment. Call the main number of the department at which you have been treated. We may have the specialist call you back.

Driving and sick leave

For your safety and the safety of others, please comply with the following precautions regarding driving after surgery.

- Do not drive for 24 hours after a general anaesthetic
- Do not drive while taking morphine-like medicines
- After many procedures it will take some time before you can drive safely. This will be stated in the folder about the operation you will have performed
- If you have had a local anaesthetic, we recommend that you have someone drive for you, as you should not expect to be able to use your foot or arm optimally when bandaged.

Sick leave, proof of admission to hospital and a doctor's letter

You will be able to agree with the Aleris specialist about sick leave and the issue of proof of admission to hospital.

You must get a doctor's letter from your GP.

Surgical wounds and swelling

It is important to monitor whether your wound is healing properly.

Observation of surgical wounds

You must look out for signs of inflammation. These are:

- Redness and warmth
- Increasing pain
- Possible fever

If you suspect that your wound is inflamed, please phone the department that you attended.

Care of surgical wounds

Unless you have been informed otherwise, please ensure that you:

- Keep your wound clean and dry
- You can shower 24 hours after surgery
- Aerate the wound, i.e. do not use plasters unless there is oozing from the wound

However, wounds heal well with a breathable dressing

You will be informed about removal of stitches or clips prior to discharge.

The scar will be sensitive to sunlight for the first year after surgery. Make sure you cover it with plaster, tape, clothing or sunscreen of at least factor 15 if you are in the sun or a sunbed studio.

After facial surgery, we recommend sleeping with your head high. Use an extra pillow to reduce the risk of bleeding.

Swelling - cool packs

You can use cool packs on swollen joints for 20 minutes at a time, and allow at least two hours before reapplying.

You should not use warm dressings after surgery, as this can lead to increased bleeding.

Medication following discharge

When you are discharged, you will be given an list of the medications that you should take. This will also show your usual medications.

You will be prescribed painkillers following procedures that require them. You may also be advised to buy over-the-counter painkillers.

If you then need additional painkillers and prescriptions, you must contact your general practitioner.

Tapering medication

After a few days or weeks and when you no longer need as much painkilling medication, you should stop taking the strongest one first. We might make a plan for you if you need to taper it off slowly.

You can read more about painkillers in the "Medication after your operation" folder.

Anticipated discomfort after surgery
After surgery, you may experience some transient discomfort. See your surgical leaflet for more specific problems related to your operation.

Constipation

You may suffer constipation if you do not move as much as usual or drink and eat less.

Painkillers can also cause constipation. You get stomach pain, nausea and bloating. That's why you should keep moving as much as possible, and drink 1.5–2 litres of water a day. We will advise you about laxatives.

Difficulty urinating

There may be an effect on urination after some operations. If applicable, we will discuss this with you before discharge.

Swelling and discolouration

You can expect swelling and discolouration of the area around where you had surgery. It will disappear, but it may take a few weeks.

Own notes

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Own notes

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