

## LET US KNOW IF YOU CAN'T COME

If, for any reason, you cannot come to the hospital on the day of your operation, please call one of the telephone numbers below to let us know. Other patients will be grateful for your cooperation.

**Main switchboard:** 965 721 200

**Advance appointments:** 965 721 400

**Outpatient Surgical Unit (UCSI):** 965 721 313 Ext. 1290

Torrevieja Department of Health  
Crta. Torrevieja a San Miguel de Salinas, CV-95 03186  
Torrevieja - Alicante  
Teléfono: +0034 965 721 200  
[www.torrevieja-salud.com](http://www.torrevieja-salud.com)

 [www.facebook.com/torreviejasalud](https://www.facebook.com/torreviejasalud)

 [@torreviejasalud](https://twitter.com/torreviejasalud)



## WHAT HAPPENS WHEN I'M TOLD I NEED AN OPERATION?

Your doctor will explain the whole process and will ask you to sign a consent form. Take your time and read it thoroughly. You should give: your name, the type of operation, the associated risks, and a declaration that you have discussed the process with your doctor and clarified any queries. Make sure all the details on the form are correct and that you do not have any outstanding questions. If there is anything at all that you don't understand, ask us.

## BEFORE CONSULTATION WITH THE ANAESTHETIST

The anaesthetist uses drugs that help to numb any feeling of pain during surgery or other therapeutic procedures.

The anaesthetist responsible for administering your anaesthetic will take the following into consideration:

- Your state of health and medical history (high blood pressure, cardiac disorders, diabetes, liver or kidney disease, asthma, etc.).
- Your prior experiences (if any) with anaesthesia, especially if you have ever experienced any problems with it.
- Your family history of problems with anaesthesia, if any.
- The medical process that will be undertaken.
- Any recent hospital admissions, surgeries or other procedures.
- Whether you are, or could be, pregnant.
- All the medicines you are currently taking, including those prescribed by your doctor, food supplements, medicinal herbs, and over-the-counter medicinal products.
- If you have any other concerns or queries, please be sure to discuss them with the anaesthetist.

## TYPES OF ANAESTHESIA

### Regional:

Regional anaesthesia causes a loss of feeling in a specific area of the body. It is given by injection to numb the part of the body that needs surgery.

### Local:

Local anaesthesia causes a loss of feeling in a small and very specific area of the body. It is given by injection to numb the area that needs surgery.

### General:

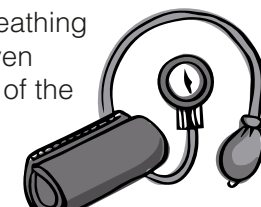
General anaesthesia affects the whole body. It puts you into a sleep-like state so you do not experience any feeling. General anaesthesia is given either by inhaled gases administered by a mask or intravenously (IV) through the saline drip that will have been put on your arm.

### What is sedation?

Sedation entails the administration of drugs that encourage relaxation and is sometimes combined with local or regional anaesthesia.

### Sedation might be:

- **Mild:** You are fully awake, though relaxed. You can answer questions and follow instructions.
- **Intermediate:** You feel relaxed and sleepy. You may drop off to sleep during much of the procedure. It is quite possible that you will hear sounds and voices around you. It will be easy to wake you up by speaking to you or touching you.
- **Deep:** You will be drowsy and sleepy. You may have little or no recollection of the procedure. Your breathing will become slower and you may possibly be given oxygen. You may remain asleep until the effects of the drugs wear off.



## HOW SHOULD I PREPARE FOR SURGERY?

Ask your doctor which medicines (whether prescribed or over-the-counter) should NOT be taken before surgery. It is very important not to eat anything, including chewing gum and/or sweets, in the eight hours before surgery.

Nor should you drink any liquids in the six hours before surgery. One of our medical staff will call you the day before the operation to confirm the procedure and remind you of the guidelines you need to follow.

### DON'T COME TO THE HOSPITAL ON YOUR OWN!

Ask someone to bring you to the hospital, to stay there during your procedure as a precaution, and to take you home again afterwards. This person will be able to help you with any post-operative guidelines (doctor's instructions, answers to any queries, etc.).

### BEFORE YOU LEAVE HOME...

Have a shower, wash your hair, and remove any make-up and nail polish, including gel nails. The nursing staff need to be able to see your skin and nails to check your blood circulation. In addition, you should remove any rings, piercings, bracelets or other jewellery. Take out contact lenses, if you wear them, and wear spectacles instead. If you wear any kind of dental prosthesis or hearing aid you can bring it with you and it will be removed just before the operation. We will look after it and give it back to you after the procedure. If you use a walking stick or frame, bring it with you.

### WE APOLOGISE IF WE SEEM OVER-CAUTIOUS, BUT IT'S FOR YOUR OWN SAFETY

As a means of additional security, we will ask you a lot of questions such as: What's your name? When were you born? Do you have any allergies to medicines, food, metals, latex, rubber or other materials? What part of your body is going to be operated on? Moreover, if we are operating on a leg or arm, we will provide you with a date stamp to clearly identify it, and your surgeon will confirm this by signing his or her initials. All of these measures are designed to guarantee your total safety.

## RECEPTION AND ADMISSION FOR SURGERY: ADMISSION TO THE OUTPATIENT SURGICAL UNIT (UCSI)

- Please bring your personal identification with you (DNI, NIE, passport) and your medical ID (SIP card).
- We will give the person accompanying you a code number so they can access the information entered by our staff on the touchscreens provided in the waiting rooms.
- You will then be passed to the Unit to start the pre-surgical preparation process. The person who came with you can stay with you while you change. You will then be escorted by our nursing staff.

## PRE-OPERATIVE PREPARATION: OUTPATIENT SURGICAL UNIT (UCSI)

- We will make you comfortable on a stretcher. Please let us know your needs (e.g. if you're too cold, if you feel scared, if you have any queries, etc.).
- We will start specific preparations depending on your particular case and type of surgery: preparing an IV line, applying antiseptic, instigating treatment, etc.
- Once preparations have been completed, you will remain in the waiting area until you are passed through to surgery. This can sometimes take quite a long time, depending on the operation taking place in the operating theatre and pre-operative preparations. Unexpected situations can sometimes crop up, but we will be delighted to provide you with all the information you need.

## SURGICAL PROCEDURE: THE OPERATING THEATRE

- During the time you are with us, the person accompanying you will receive information every two hours in the case of long procedures.
- Once the operation is over, the surgeon will report to the person who has accompanied you.



## AFTER THE OPERATION

After the operation, you will be taken to the URPA (post-anaesthesia care unit, or recovery room). We do not want you to be in any pain, so if you are, please be sure to let us know. Our medical staff will ask you to describe how bad the pain is, on a scale of 1 to 10, where the pain is located and what kind of pain it is. We will ensure that all your clinical parameters are within the acceptable ranges before sending you on to other departments (hospital ward, Outpatients, etc.).

The time you will have to stay in the surgical area after the operation and until your release will depend on the type of operation, the type of anaesthetic, and your recovery process; there is no predetermined length of time. Our medical team will keep you and your family/friends informed both in person and through touchscreens.

Depending on the type of surgery, and assuming everything goes to plan, you will already know whether you will be sent to a hospital ward or to the Outpatients department before being released to go home. In the Outpatients department you will initially be left on the stretcher until we are sure you are in a fit state to be moved to an armchair.

Once you have been transferred to an armchair:

- We will allow one person in to sit with you.
- We will start assessing your fluid tolerance (water, tea, juice, milk).
- You can go to the bathroom, if someone accompanies you.
- We will give you guidelines for continuing the recovery process at home as well as any medical appointments, prescriptions and reports. It is very important that you understand all this information and that you ask us about anything you are unsure of.

You will be cleared for release provided that the effects of the anaesthesia have disappeared from your body, you are not in any pain, and there are no post-operative complications.

## THINGS YOU MUST AVOID AFTER SURGERY:

- Driving a vehicle, working with machinery, and drinking alcohol for at least 24 hours.
- Taking important decisions or signing any legal documents until you are fully recovered.
- Resuming your regular activities, such as work or physical exercise, until your doctor has given you permission to do so.

## IF YOU HAVE ANY QUESTIONS AT ALL, BE SURE TO ASK US

Please feel free to ask us anything – we are here to keep you informed, ensure your safety and give you the peace of mind you need at any time.

Before you go home we will give you a contact number for you to call us if you have any questions. Our nursing staff will be happy to talk to you on the phone and provide all the information you need.

On the day after your operation, if you do not already have an appointment with your specialist, a nurse will call you to find out how you are and answer any questions you may have. At the same time, we will conduct a brief survey, as your valuable opinion can help us to continue improving our services.

If, for any reason, you cannot come to the hospital on the day of your operation, please call one of the telephone numbers given above. Another patient will be very grateful for your consideration.

