
WHAT TO EXPECT AT THE HOSPITAL:

In most cases, you will be admitted to the hospital on the morning of your operation, unless previously specified by Dr Gandy or his anaesthetic team. An admissions clerk will check your details and admission paperwork is order (they will already have this) From there one of the peri operative nurses will do a final check of details and help you change into a surgical gown. Any valuables will be stored in a secure area and returned to you after your procedure. When the operating room staff are ready you will taken to the anaesthetic bay or pre anaesthetic area. You will have time to discuss any outstanding anaesthetic or surgical issues with our team. From there the process of anaesthetic will begin.

Assessment

Prior to your admission to hospital you may need to attend a pre anaesthetic clinic to assess your fitness for surgery. This may include a heart trace and chest x ray.

Preparation

In most cases very little preparation is required after all the necessary investigations are completed at your outpatient visits. It is advisable to continue to exercise as possible and keeping weight off will help the surgeons performing your procedure.

Patients undergoing complex surgery and cancer surgery may be advised to take some vitamin and nutritional supplements prior to surgery

Preparation for colonoscopy requires the bowel to be cleansed with 'bowel prep' Please follow link to Bowel preparation for colonoscopy for specific details.

Unless otherwise instructed patients should remain Nil By Mouth for 6 hours prior to Surgery. Fasting instructions are confirmed in a telephone call from the admitting hospital in the days prior to your procedure.

Procedure

If you have any questions regarding your procedure the best place for this discussion is the consulting rooms. We are happy to arrange repeat appointments or even a second opinion. Minor questions can be dealt with over the telephone or in the anaesthetic bay prior to your procedure. Dr Gandy will call your Next of kin or specified contact at the conclusion of the procedure.

Complications

The risks of expected adverse effects of surgery or the risks of complications will be discussed prior to surgery. While every effort is made to prevent complications, some patients will experience complications. When a complication occurs it is important that it is recognised early and that the appropriate steps are taken to reduce the impact. However, further procedures may be required or an extended stay in hospital.

What to bring

- Medicare card
- Private insurance details (if applicable)
- Referral letter or admission form
- Reading materials / tablet / reading glasses (due to unforeseen circumstances delays can occur)
- For overnight stay or extended stay
 - Comfortable clothing
 - Books, IPad, DVD player with headphones
 - Toothbrush, washbag, dressing gown
 - Mobile phone (cannot be used in Intensive care theatre complex)
- Supportive underwear (for groin hernia operations)

During your stay

Your hospital stay may range from overnight observation in a hospital bed to a period of intensive care monitoring. You will be seen by your doctor, or his team, one or two times daily and will have regular contact with the nursing team. Should there be any concern regarding your condition your medical team will be contacted immediately. For major surgery diet will be restarted slowly to avoid vomiting and pressure on sutures where the bowel has been reattached. A hospital stay can be disorientating and frustrating. This may be in some part to the fact that you feel unwell, have some discomfort or are taking strong pain medications. We ask that you help us by working with the medical and nursing staff, physiotherapists and dieticians. The aim of the whole team is to get you feeling better, back on your feet and home, as soon as is safe and appropriate.

Day of discharge

On your day of discharge you will be given a discharge letter, highlighting the care you have received and any

changes to your medications. You will not be able to drive following surgery and will need to make arrangements to transport you home. In special circumstances or for patients from regional areas the hospital will assist. You will also be given instructions for the removal of stitches or dressings, see our operation specific post-operative instruction sheets.

Ongoing support

Following discharge you may need additional support from family or friends. If you have limited support, a social work review can be organised to help in the immediate post-operative period. For some patients a period of rehabilitation may be required before discharge home.

A surgical follow up appointment will be scheduled, usually 2-3 weeks after discharge. Should you experience difficulties please contact Dr Gandy's consulting rooms during office hours. If you experience severe symptoms you should attend the Prince of Wales Emergency department, who will contact the surgical team.