



CLINIQUE
CHIRURGICALE
DE LAVAL

Practical guide:
General advice



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Welcome to the *Clinique Chirurgicale de Laval*.

We prepared this guide especially for you. It is a reference tool providing you with all the information concerning the surgery you will undergo. In this guide you will find a brief summary of the surgeries we perform, as well as instructions on how to prepare on the day before your surgery, on the day of the surgery itself, and post-surgical instructions for when you return home.

Our goal is to take care of your needs to the best of our abilities. Rest assured that our team is there for you. Please take the time to read this document carefully and to note any questions you wish to bring to the staff's attention. It will be their pleasure to assist you.

At the end of this document you will find our contact information and directions on how to find us. If for some reason you are obliged to cancel your surgery, please inform us as soon as possible.

We thank you for the confidence you accord us.

The Medical Team of the *Clinique Chirurgicale de Laval*.



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VERY IMPORTANT

Medications you have to stop before the surgery

Please note it is very important to cease any **anti-inflammatory medications 7 days** before the surgery (if you take any) including Advil, Motrin or other types of analgesics with any trace the sort.

Also it is important to cease **Aspirins 7 days** before the surgery.

Thirty days before the surgery, it is recommended to stop the hormonal therapy.

For woman who takes the hormonal contraception, we advise you to skip the complete cycle before the surgery.

The clients may restart the hormonal therapy and/or the contraception as soon as you reach full mobility.

The day before the surgery

Take a shower; this helps decrease the risk of infection. You must also wash your hair and remove any nail polish from your finger and toenails. Do not use cream, perfume or any other beauty products for the body. Do not shave the area of the body where the surgery will be performed.

You must not eat as of midnight, nor drink anything (not even water).

The shaving of the operated area will be done here, before your surgery.

Confirm the availability of the person who will accompany you the next day and who will also assist you during the days following the surgery if necessary.

Plan to have walking aids (such as a cane or crutches) if you undergo a surgery in the lower limb.

You must bring your X-Ray, MRI, and all CD-ROM on your X-Ray and MRI on the day of surgery.

Make sure to bring your Health Insurance Card (Medicare).

The morning of the surgery

Take another shower.

Do not apply make-up, creams, or perfume. Do not wear jewellery, or anything valuable.

Do not wear your contact lenses, but wear your glasses if needed.

Do not eat or drink anything.

Wear comfortable clothes that are easy to put on and remove.

If you take medication, take it only with a sip of water. Do not take any medication your doctor prescribed for you to stop before the surgery. Bring all medications you are presently taking in their original containers.

Make sure to bring your Health Insurance Card (Medicare) for your identification.

You may bring a book to read during waiting time.

You can bring a small snack for the recovery room which will be authorized by the nurse when your condition will allow it.



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Post-surgical Instructions

If you were administered a general or local anesthesia, it will be necessary in the 24 hours following the surgery to abstain from:

- driving a vehicle (insurance will not be valid)
- making important decisions
- drinking alcohol
- taking tranquilizers or other medications prescribed by your family doctor.

Recovery

During your recovery from anesthesia, it is possible to feel light-headed upon rising. Wait for the nursing staff to be near you. You may also feel congestion in your lungs. It is helpful to do the following small breathing exercise:

1. Place yourself in a seated or half-seated position.
2. Breathe slowly and deeply from the nose.
3. Hold your breath for 5 seconds.
4. Breathe out slowly from the mouth.
5. Do this exercise 10 times an hour.

Activities

It is very important to begin walking as soon as possible, according to your tolerance level and the recommendations given by your surgeon. This will contribute to the good functioning of your lungs, your intestines and your circulation. As regards your other activities and your work, it will be necessary for you to wait for the opinion of your surgeon. The duration of your sick leave depends on the type of surgery you underwent and the type of work you do.

Diet

You can resume your regular eating habits gradually. Pay particular attention to your water intake and foods rich in fibre as these can help with bowel movements, since constipation may occur because of the anesthesia.

Pain

For the pain, you can take the prescribed painkillers. We advise you not to wait until the pain is too strong before taking the medication, so that it will be easier to control. Avoid taking aspirin as it can increase the risks of bleeding, unless you were already taking it before the surgery for another medical condition. Apply ice to the operated area (bag of frozen small peas wrapped in a damp towel) for 10 to 12 minutes several times a day.

Dressing

After the surgery, a bandage will cover the operated area. This bandage needs to be kept clean and dry. The nurse will inform you when you can remove it. Until the bandage is removed, it's best to wash yourself using a damp cloth. Afterward, you can take a shower, but avoid sending the jet stream directly on the wound. Use a mild soap, do not rub the wound, and gently pat yourself dry. Do not apply creams or powder.

Sutures can vary. If you have absorbable sutures, they will disappear in 7 to 10 days; on the other hand, if you have non-absorbable sutures and / or staples, they will be removed during your next doctor visit. You may feel a tingling sensation, itchiness, or even a decrease in sensitivity to the area surrounding the wound. These sensations can continue for 6 to 8 weeks or more.



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Splint

If you use a splint, you must keep it dry and in place, unless otherwise instructed.

A follow-up appointment will be scheduled with your doctor who will inform you if physiotherapy is needed, or if you need to practise specific exercises beneficial for your condition.

To Monitor

Certain symptoms are to be monitored in the days following the surgery:

- unexplained fever (temperature of 38.5 or more)
- an increase in the redness, heat or swelling of the wound
- discharge or nauseous odour from the wound
- acute and persistent pain not relieved with medication
- bluish tint at extremity of the operated limb or difficulty moving fingers or toes
- nausea or severe vomiting
- pain in the calf associated with oedema
- shortness of breath when at rest

If you have one or more of these symptoms, you must immediately call the *Clinique Chirurgicale de Laval*. In case there's no answer, please call your surgeon at the following number: 514-330-6411. As a last resort, please communicate with one of the following: C.L.S.C, the info-health line, or the hospital nearest you.

A surgery can bring changes to your everyday life for a period of time, however, the more informed you are, the better you will be prepared. Do not hesitate to ask questions and to voice your fears. We look forward to welcoming you to our private clinic. We are here to serve you.

The *Clinique Chirurgicale de Laval* team.