

Welcome to the Sussex Surgical Centre Day Surgery Unit

Where is the Sussex Surgical Centre (SSC)?

The Unit is located outside the main Eastbourne Hospital, past the main entrance and Emergency Department and opposite the staff car park with solar panels.

Please follow the signage from the main entrance to the unit.

A Guide to Day Surgery

Our aim is to give you general advice that will help you prepare for your Day Surgery procedure and ensure that everything runs smoothly on the day of your admission.

What is Day Surgery?

- Day surgery is an admission into hospital for planned (elective) surgery that does not involve an overnight stay.
- Patients are assessed in advance of their surgery, either by telephone or face-to-face.
- Patients having a telephone pre-assessment and might be required to attend a clinic to take their observations, such as blood pressure, height and weight, or a blood test or swab.
- The bookings team and the pre-assessment team will ensure that you are aware of this if required.
- Please be aware you will need to be dropped off and collected, unless there are exceptional circumstances. This should be identified during your pre-assessment to enable this to be communicated to the unit in advance .
- We ask that the person collecting you waits until notified by yourself, or the SSC staff that you are ready for collection, as there is no waiting area for relatives.
- If you become unwell or your health has changed since pre-assessment prior to your surgery date, please notify the bookings team that is detailed in your letter. If you are unwell on the day of your procedure due to symptoms such as high temperature, fever, persistent cough, diarrhoea or vomiting, please contact staff in the Sussex Surgical Centre (numbers detailed below). They might need to postpone your surgery and rebook for a more suitable time.

- If you are not fit to proceed, or your surgery needs to be postponed, the bookings team will re-book your procedure and you will be informed of a new date.

Preparing for Day Surgery

- Please bring all your medications with you when you come for your procedure.
- Ensure you have a responsible adult who has agreed to take you to and from hospital.
- If you are having a general anaesthetic, we advise that you have someone to stay with you overnight. If this is not possible, it should be discussed at pre-assessment, where this can be assessed. If a responsible adult is no longer able to stay with you overnight at any point, please contact the bookings team detailed in your letter as soon as you become aware.
- Ensure you have a supply of pain relief at home, we suggest Ibuprofen 200mg and Paracetamol 500mg. These can be purchased at any pharmacy or supermarket and are inexpensive. **Do not purchase if you have any allergies to medication suggested.**
- You may bring in a small bag for your essentials, we encourage you to bring in something to read or headphones and music to help pass the time.
- Mobile phones are allowed - we ask that you do not take photographs and that you please have consideration for others around you.
- If you wear glasses or hearing aids, please bring them, as this will allow clear communication.
- We advise you to not bring any valuables or large sums of money.
- Please remove jewellery, including body piercings, make up/fake tan and any nail varnish, gel or acrylic nails. If you wish to leave your wedding ring on, this can be secured with tape on the day.
- Please bath or shower before your arrival.
- Follow the instructions given and discussed during your pre-assessment with regards to eating and drinking prior to your surgery. This is for your safety when having a general anaesthetic or sedation. Failure to follow these instructions could result in cancellation of your surgery.
- Follow any instructions given and discussed during your pre-assessment regards to your medication. This is for your safety when having an operation. Failure to follow these instructions could result in cancellation of your surgery.

What time should I arrive?

- Please arrive at the time stated on your admission letter. If your admission time is 7.30am, please aim to arrive for this time and not earlier as the unit opens at 7am and our colleagues require time to prepare for the day ahead.
- Please be advised your admission time is not the time of your surgery so there will be a period of waiting. It is recommended that you bring in something to do during this time i.e. book or newspaper.

What will happen on the day

- On arrival, you will be greeted by a member of the team and shown where to wait on the unit.
- You will be checked in by the nursing team and seen by the surgeon.
- If having a general anaesthetic or sedation, the anaesthetist will see you. This is a good opportunity to discuss any concerns you might have regarding to your procedure.
- Any allergies or food intolerance will be discussed at pre-assessment and further discussed on the day by the surgical and nursing team.
- The length of your stay will depend on your position on the theatre list. Please be aware waiting times for patients to go to theatre will vary.
 - Theatre lists run throughout the day. Staff will aim to keep you updated, but please expect a waiting period.
- The staff will instruct you when you need to get changed into a hospital gown. You may have to wear surgical stockings; this is often assessed on the day. Please ask for help if necessary.
- When it is your turn to go to theatre, if able, you will walk to the theatre and enter the anaesthetic room.
- If you are not able to walk, we can wheel you in a chair.
- Your clothing and footwear will be returned to your chair/trolley space in the unit.
- You will be helped onto a theatre procedure trolley.
- You will be introduced to a member of the theatre team and meet the Anaesthetist again.
- A further checklist will be completed, and details confirmed.
- In the anaesthetic room you will be anaesthetised and then brought into the theatre for your procedure.
- After your operation the team will take you on a theatre trolley to the First Stage Recovery.

- This is where you will wake from the procedure, before being wheeled back to second stage to fully recover.
- Here you will be continued to be monitored, and staff will ensure you meet the necessary recovery criteria, such as being able to eat and drink.
- Once recovered you will be discharged home from here.
- A discharge letter may be given or emailed, explaining if any follow-up is required, post-operative instructions and pain relief discussed.
- An understanding of when you are next able to have pain relief will be made clear and contact numbers given for any concerns. Dressings will be supplied if required.
- If you have booked hospital transport, please bring your reference number with you.
- Mobile phone reception can be limited, but there is free NHS Wi-Fi available and staff can support you in making any necessary calls.
- We will aim to give those that are collecting a patient after their surgery, an approximate time to return and collect, as there are often no areas suitable for waiting. However, this will be an approximation and they might prefer to call the unit for an update prior to arrival.
- The SSC Unit direct numbers are 0300 131 5701 & 0300 131 5702 if you need to contact staff .
- **With any urgent concerns you have, please attend your local Accident and Emergency or dial 999.**

Please try and minimise what you bring with you on the day. You will be asked to sign a property disclaimer on the day, which explains that East Sussex Healthcare accepts no responsibility for property or valuables brought onto our property unless accepted for safe keeping with a valid receipt issued

- Information leaflets regards to your surgery will be given, as well as contact numbers if you need any further advice. A discharge letter will be given detailing any follow-up appointments.
- For 24-48 hours following your surgery we advise you to not: drink alcohol, sign legal documents or operate machinery. This includes driving, and depending on your surgery you may need a discussion with your surgeon and/or insurance provider. We suggest you refrain from smoking as long as possible after your surgery to promote healing.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr James Evans Consultant Anaesthetist
Dr Nick McNeillis Consultant Anaesthetist
Dr Jessica Spiteri Consultant Anaesthetist
Evette Davies Divisional Director Of Nursing

The DAS Governance Team have agreed this patient information leaflet:
Enter name here, if appropriate

Next review date: May 2029
Responsible clinician/author: Lisa Burgess Service Manager Sussex Surgical Centre

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