



Information

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Behaviour Before and After Surgery at the KSB Hospital

Your cooperation can contribute to preventing unpleasant side effects or complications possible during every anaesthetic procedure. Please help in preventing incidents by observing the following safety regulations:

An empty stomach or nil per mouth

Unless otherwise agreed, the following nil per mouth instructions apply:

- Admission on the day of surgery:
 - ↳ You may eat and drink normally up to 6 hours before admission.
 - ↳ You may only drink clear liquids up to 2 hours before admission (still/sparkling water, sweetened tea/coffee without milk/cream).
 - ↳ Exception: you may take any prescribed medication with a sip of water.
 - ↳ As the surgical programme may be subject to unplanned delays, we recommend that you drink a few glasses of water 2 hours before admission. This will increase your wellbeing before and after surgery.
- Admission one day before surgery:
 - ↳ Unless agreed otherwise, you do not have to arrive with an empty stomach.

Medication

- Take your morning medication as prescribed by your anaesthetist.
- Should your medication or your health status change between the initial discussion with the anaesthetist and the surgery, please contact the anaesthetist under 056 486 31 44.
- Bring all of your required medication on the day of admission.

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Jewellery and Valuables

- Leave removable jewellery and other valuables at home.
 - If you do bring jewellery and valuables to the hospital, these must be secured in the personal safe in your room during surgery.
 - Entertainment electronics and work equipment may shorten your hospital stay, but are also easily lost. Choose wisely.
 - Music players (MP3 players, Smartphones in Flight Mode) may be taken into the operating room (OR) if a local anaesthetic is planned. All liability is waived in the event of loss or damage.
 - Piercings may lead to burns. Leave them at home if removable, or tell your doctors about them.
- We do not accept liability for burns or loss.

Visual and hearing aids

- Spectacles and contact lenses do not belong in the operating room, unless you are severely visually impaired.
- Hearing aids may be brought into the OR only in the event of local anaesthesia.
- All liability is waived in the event of loss or damage.



Hygiene

- Please shower or bath before your surgery (incl. your navel), **but do not apply make-up and/or body lotions.**
- Leave at least one fingernail without nail polish.

Dental prostheses

- Dental prostheses or partial prostheses can shift during surgery, may cause injury, be damaged or lost.
- These dental prostheses should therefore be removed before surgery and left in the ward in a special container labelled with your name.

Admission on the day of surgery

- Report to "Patient Admittance" at the agreed time. Here you will be assigned your ward where you will be expected and shown to your room.

Before surgery

- The nursing staff will check whether you are nil-per-mouth and whether you have taken your required medication.
- Please change after you have sorted your clothes and utensils.
- You will be taken to the OR at the time arranged.

After surgery

- After surgery, you will spend some time in the recovery room for close observation. If your blood pressure, heart and breath rate are stable and you are pain free, you will be taken back to the ward.
- Please notify the nursing staff immediately if you are in pain or feel nauseous. This applies to both the time you spend in the recovery room and later on the ward/in the outpatient clinic. The sooner we know how you are feeling, the faster we are able to react.
- The nursing staff will support your initial mobilisation. Please do not leave your bed without assistance.

Behaviour after out-patient surgery

- Depending on the type of surgery, it may be possible for you to return home on the same day.
- The surgery and after-effects of medication and anaesthetics will temporarily reduce your judgement and responsiveness, therefore you should pay particular attention to the following:
 - Leave your motor vehicle at home, do not drive a vehicle under any circumstances.
 - Arrange to be fetched by an adult.
 - You may not drive a vehicle, operate dangerous machinery or drink alcohol for 24 hours after surgery.
 - Do not make important decisions and do not render any legally binding signatures for 24 hours after your discharge from hospital.
 - Temporarily abstain from sports or severe physical strain.

Should you experience problems such as severe pain, nausea, or feel unwell with sweating and paleness at home, or should you detect any bleeding, please contact the doctor on call at the respective clinic (surgery, vascular surgery, orthopaedics, urology, gynaecology) via the switchboard number 056 486 21 11.

Agreement and confirmation

The undersigned confirms to have read and understood the above-mentioned guidelines. The KSB AG hospital cannot be made liable for any consequences resulting from the non-observance of these guidelines.

Baden,
(Date)

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(Patient signature or legal representative)