

Behaviour before and after surgery at the KSB

Anaesthesia Clinic
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Information

Dear patients

Your cooperation can help prevent unpleasant side-effects or complications that could occur during or after any anaesthetic procedure. Please help prevent incidents by observing the following safety rules:

Fasting

Unless otherwise agreed, the following fasting rules apply:

Admission on the day of surgery:

- Solid food is allowed up to 6 hours before admission.
- Clear liquids (sparkling or non-sparkling water, sweetened tea/coffee without milk/cream) are permitted up to 2 hours before admission.
- Exception: you may take prescribed medication with a sip of water.
- As there may be unplanned delays in the surgical programme, we recommend that you drink one to two glasses of water 2 hours before admission. This increases your well-being before and after surgery.

Admission on the day before surgery:

- Unless otherwise agreed, you can eat and drink directly before admission.

Medication

- Take your morning medication as prescribed by your anaesthetist.
- If there are any changes in your medication or state of health between the anaesthetic consultation and the date of surgery, please contact the anaesthetist on 056 486 31 44.
- Bring any medication you need to take with you on the day of admission.

Medication:

Jewellery and valuables

- Leave removable jewellery and other valuables at home. KSB is not liable in the event of loss.
- Consumer electronics and work equipment may shorten daily hospital routine, but are easily lost. Choose wisely!
- If you are undergoing local anaesthesia, you may take music players (MP3 players, smartphones in flight mode) into the operating theatre (OR). No liability is accepted for any loss or damage.
- Piercings may lead to burns. If removable, leave them at home. Otherwise, please notify your physicians that you are wearing piercings. No liability is accepted for any burns or loss.

Vision and hearing aids

- Do not take glasses and contact lenses into the operating theatre, unless your visual impairment is severe.
- You may only take your hearing aids into the OR if you are undergoing local anaesthesia.
- No liability is accepted for any loss or damage.

Hygiene

- Please come to the hospital for your surgery well-groomed (shower, with a clean navel) but **without applying make-up and body lotion.**



Dentures

- Full or partial dentures can shift, cause injury, be damaged or lost during surgery.
- Any dentures should therefore be removed before surgery and left on the ward in a special container labelled with your name.

Admission on the day of surgery, before surgery

- Report to the «patient admission» desk at the agreed time. In most cases, you will then be escorted to our SDS entry ward (same day surgery).
- The nursing staff will check that you are fasting and have taken your required medication.
- Please change your clothes for the upcoming procedure. After surgery, your clothes and utensils will be put away in your room on the ward, where your luggage will already be waiting for you.
- You will be taken to the OR at the agreed time.
- Please note that there may be delays due to emergencies or because previous surgeries are taking longer than expected. We will do our utmost to keep you well informed and, if necessary, enable you to take a walk in our garden (please note, however, that you must continue to fast!).

After surgery

- After the procedure, you will spend some time in the recovery room for close monitoring. Once your blood pressure, heart rate and respiratory rate have stabilised and your pain management is satisfactory, you will be transferred back to the ward.
- Please notify the nursing staff as soon as possible if you experience pain or nausea. This applies both to the time in the recovery room and afterwards on the ward/in the outpatient department. The sooner we know how you feel, the sooner we can react.
- You will be supported by a nurse for your initial mobilisation. Please do not leave your bed unassisted.

Rules of conduct after outpatient surgery

- Depending on your procedure, you may be allowed to go home the same day.
- The procedure and the after-effects of medication and anaesthetics temporarily reduce your ability to judge and react, so special attention should be paid to the following:
 - Leave your motor vehicle at home, do not drive a vehicle under any circumstances.
 - Arrange for an adult companion to pick you up.
 - You must not drive a vehicle, operate dangerous machinery or drink alcohol for 24 hours after discharge.
 - Also, do not make any important decisions and, in particular, do not provide any legally binding signatures for 24 hours after discharge.
 - Temporarily refrain from sports or great physical exertion.

Should you experience problems at home, such as severe pain, nausea, general malaise with sweating and pallor, or if you are bleeding, please notify the doctor on duty at the clinic responsible (surgery, vascular surgery, orthopaedics, urology or gynaecology via telephone switchboard 056 486 21 11).

Consent and confirmation

The undersigned confirms that they have read and understood the above guidelines. Kantonsspital Baden AG cannot be held liable for any consequences arising from failure to comply with these guidelines.

Baden,

Date

Signature of patient or legal guardian