

Surgery under Local Anaesthetic

You have been booked for a procedure in the Day Surgery Unit (DSU) and this leaflet will help guide you through what will happen. If you have any further questions, please speak to a doctor or nurse caring for you.

Your procedure will be done under Local Anaesthetic.

What to do if I don't want to attend?

It is imperative that you call us if you no longer wish to have this procedure. If you feel unwell (cold, flu, diarrhoea, have a high temperature, sore throat or persistent cough) before your procedure or are admitted to hospital for another medical reason, we may need to postpone your procedure. If this is the case please call the patient pathway coordinators or DSU on 020 8752 0420.

Cancelling ahead of time may mean that someone else can take your procedure slot.

How to prepare for your procedure?

- You will be tested for Covid three days prior to your procedure. If positive, you will be notified and it is likely that the procedure will be postponed. The team will contact you regarding alternative plans.
- You **must** self-isolate for three days immediately after your Covid test.
- Please bring with you all prescribed medication you are taking.
- You may also require pain relief after your operation and paracetamol will usually be adequate (please obtain this before your procedure).

- The day before or on the morning of your procedure, you should bathe or shower with soap and water.
- Continue to take all your medication as usual before you come into hospital, unless your surgeon or specialist nurse has asked you not to do so. **(This is often the case for blood thinning medication. Please see page 6 for instructions).**
- Bring a dressing gown and slippers.
- Bring magazines, books or something else that won't disturb other patients.
- Bring a small box for hearing aid and dentures if you have these.
- You should continue to eat and drink as usual as your procedure will be performed under local anaesthetic.

What to do on the day of your admission and procedure

Please arrive on time for your procedure.

You will be seen by a nurse who will check your health status and record your blood pressure, pulse rate and temperature.

You will also be seen by the surgeon who can answer any further queries you may have.

What will happen after the procedure?

1. You may require some time to recover but that is not expected to be more than an hour.
2. You can go home by yourself.
3. You can return to work, drive or resume normal activities immediately as advised by your surgeon or when you feel ready. Sickness certificates can be arranged with the team looking after you and thereafter with your GP. Do keep to any outpatient appointments if made.

You will also be given advice and written information about the care of any surgical wounds. If you have stitches, these can be removed later by your GP or you may be given an outpatient appointment to have them removed. If you need to see a community or practice nurse, you will be given details of how to arrange this.

A letter about your hospital treatment will be sent to your GP and you will be given a copy of this letter when you leave the Unit.

It is advisable to rest and give yourself time to get over the operation. Eat and drink as usual.

Some redness and swelling are to be expected at the wound site after the procedure, however if you develop one or more of the following symptoms, then please contact your GP promptly:

- The skin around your wound / injection site is red or sore or feels hot and swollen
- Your wound / injection site has a green or yellow coloured discharge (pus)
- You feel generally unwell or feverish or you have a temperature.

If you have any serious concerns following your procedure please contact:

1. Your GP or Practice Nurse.
2. NHS 111.
3. Day Surgery Unit on 020 8725 0420 (8.00am to 8.00pm)

Relatives and Visitors

We do not allow relatives or visitors into any of the clinical areas in the Day Surgery Unit, Main Theatres or Recovery.

Relatives will only be contacted when patients meet all the discharge criteria.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



The information in this leaflet is for guidance purposes only and should not replace professional clinical advice from a qualified practitioner.



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Dear Patient

If you are taking any blood thinning medication known as an anticoagulant or anti-platelet, please follow the instructions below and stop taking your medication as recommended before your procedure.

Current Guidelines

- **Clopidogrel: Normally stopped seven days before procedure**
- **Warfarin: to stop five days before planned procedure**
- **Ticagrelor: to stop five days before procedure**
- **Tirofiban : to stop five days before procedure**

- **Apixaban (Eliquis): to stop two days before procedure**
- **Aabigatran (Pradaxa): to stop two days before procedure**
- **Rivaroxaban (Xarelto): to stop two days before procedure**
- **Aspirin: (You may not need to stop) please speak to your surgical team.**
- **Dipyridamole: to stop two days before procedure.**

Please Note: Some patients will need a prescription for heparin injections (deltaparin). Please discuss this with your Haematologist, Cardiologist or Coagulation Clinic.

Should you require more information, please call our pre-operative pharmacist on 020 8266 6909.