

Ruhunu Information & Admission Center



Surgery Information



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① What Is the Purpose of Surgery?

Surgery is done for a multitude of reasons.

- Further explore the condition for the purpose of diagnosis
- Take a biopsy of a suspicious lump
- Remove diseased tissues or organs
- Remove an obstruction
- Reposition structures to their normal position
- Redirect channels
- Transplant tissue or whole organs
- Implant mechanical or electronic devices
- Improve physical appearance

② What Are the Different Methods of Surgery?

With the advancement in technology surgery does not necessarily mean large incisions any more. Depending on the patient condition there are several surgery methods that may be performed:

- **Open surgery** - an "open" surgery means the cutting of skin & tissues so that the surgeon has a full view of the structures or organs involved. Examples of open surgery are the removal of the organs, such as the gallbladder or kidneys.
- **Minimally invasive surgery** - minimally invasive surgery is any technique involved in surgery that does not require a large incision. This relatively new approach allows the patient to recuperate faster with less pain. Not all conditions are suitable for minimally invasive surgery.
- **Laser Treatment**

③ Preparing for Surgery

Required preparation will be discussed prior with the respective surgeon.

Following steps are recommended prior undergoing a general anesthesia

- Stop drinking and eating for a certain period of time before the time of surgery
- Bathe or clean
- Undergo various blood tests, X-rays, electrocardiograms, or other procedures necessary for surgery
- Sometimes a patient may be asked to take an enema the evening before surgery, to empty the bowels. (This may vary according to the surgery.)
- Do not wear makeup the day of surgery
- Do not wear nail polish
- Do not wear your eye contacts
- Leave valuables and jewelry at home
- Advise the medical staff dentures or other prosthetic devices you may wearing
- (Often, to make their experience more comfortable patients are advised to bring the following:)
 - Loose-fitting clothes to wear
 - Insurance information & card
 - NIC of guardian

④ Tests Performed Before Surgery

Many surgeons order routine laboratory tests before admission to the hospital, or even before certain outpatient procedures, to identify potential problems that might complicate the surgery process to be detected and treated early.

- Chest X-Rays - used to diagnose causes of shortness of breath, chest pain, cough, fever of unknown origin, respiratory, & lung sounds.
- Electrocardiogram (ECG) used to
- Urinalysis - used to diagnose kidney & bladder to detect drugs present in the body.
- White blood count - used to diagnose fever of unknown origin, infection, and use of drugs known to affect white blood counts.

5 Recovering From Surgery

Once surgery has been completed, you are brought to the recovery room. In the recovery room clinical staff will closely monitor you as you recover from anesthesia. The length of time spent in recovery depends on the type of surgery performed of individual patient. While a patient is in recovery, the clinical staff may do the following:

- Monitor vital signs such as blood pressure, pulse, and breathing
- Monitor for any signs of complications
- Check patient's temperature
- Check for swallowing or gagging
- Monitor the patient's level of consciousness
- Check any lines, tubes, or drains
- Check the wound
- Check intravenous infusions
- Monitor the patient's bladder distention
- Maintain the patient's comfort with pain medication and body positioning



6 What is intensive care?

Sometimes a patient is transferred to the intensive care unit (ICU) for further, close monitoring. Intensive care is most often needed for patients on artificial ventilation, for patients recovering from heart attacks or major surgery, for patients in shock, and for patients with acute renal failure, among other reasons. In intensive care, clinical staff closely monitor the patient 24 hours a day.

7 After Surgery discomforts

The amount of discomfort following surgery depends on the type of surgery performed. Some typical discomforts include:

- Nausea and vomiting from general anesthesia
- Soreness in the throat if the patient needs artificial ventilation (the soreness is caused by the tube placed in the windpipe for breathing during surgery)
- Soreness and swelling around the incision site
- Restlessness and sleeplessness
- Thirst
- Constipation and flatulence

8 Discharge Planning After Surgery

Once you meet the discharge criteria specified for your type of surgery, you will be released to go home or transferred to a room. Hospitals usually require that the patient is transported home by a friend or family member, as coordination and reflexes may be impaired for 24 hours after anesthesia.

Your discharge plan may include instructions on how to take care of the wound dressings, what medications to take, what exercises to do and other home care instructions.

Before you go home, you should be very clear on what your limitations and whether or not you will need special care, assistance, or equipment following your surgery. Also, be sure to discuss the following with your consultant.

- Are there any special dietary restrictions that should be followed?
- How soon before you can resume driving and other routine activities (housework, etc.)?
- Who will help you once you get home until normal activities can be resumed?
- What are special instructions regarding incisional care?
- How long should you expect pain?
- Is there any kind of follow-up therapy to this surgery?
- How many weeks after surgery should you follow up with your consultant?
- In what instances should you contact your consultant?
- When can you resume exercise and other activities?
- How soon before you can return to work?