



What you need to know about your surgery



You are scheduled to undergo surgery at one of our facilities shortly. This guide will help you prepare for the surgery and inform you about resources you may need.

Precautions

Please stop using all natural products **7 to 10 days before the scheduled date of your surgery.**

How to prepare

Planning your return home

- Make sure there is someone available to take you home following your surgery.
- Make sure there will be someone at home with you for the first few days.
- Arrange your house in a way that will make it easy for you to get around and avoid bending over.
- Make sure you have enough food and plan meals that are easy to make.
- Keep ice or a bag of frozen peas handy so you can use them to relieve any pain or reduce any swelling you may experience.

Nutrition

- To help you recover after your surgery and to help your wound heal, optimize your food intake **at least 7 days before** the operation¹:
 - Plan to increase your calorie and protein intake by eating larger portions of high-protein foods with each meal OR by adding 1 or 2 protein snacks per day.
 - For ideas on how to do this, see the table in appendix 1.

Exercise

- Keep active and continue your physical activities unless you have been advised otherwise by a health professional.
- Integrate the exercises recommended in appendix 3 into your daily routine. They will enable you to stay in shape while you wait to undergo surgery and will speed up your recovery.
- For some operations, specific guides are available. If you were given one of these guides, follow the directions in that guide rather than the exercise program recommended here.

The day before your surgery

- Carefully wash your hair with your shampoo.
- Take a shower, wash your entire body with ordinary unscented soap, starting at the top and working your way down, paying particular attention to your armpits, belly button, the fold between your buttocks, the genital region, and your feet and toes.
- To avoid irritating your skin, don't use a washcloth. Instead, scrub with your hands or the bar of soap. Use a clean towel to dry yourself off.
- Follow the specific instructions the nurse gave you with regard to cleansing your skin with a chlorhexidine sponge (antiseptic cleaner) when you shower, if applicable.

¹Exclusions: If you are waiting to undergo **bariatric surgery**, follow the indications in the *Bariatric Surgery – Food Guide*



The day before your surgery (continued)

- Don't shave the surgery site, ideally for 7 days prior to your surgery.
- Don't use any perfume or after-shave lotion.
- Cut your nails and take off any nail polish.
- Don't smoke, drink alcohol or take drugs for 24 hours prior to your surgery.
- Don't chew gum for 2 hours before your surgery.
- The day before your surgery, you can eat and drink normally until midnight.
- Stop eating as of midnight; however, you may continue drinking clear liquids (no milk, no juice with pulp) up to 2 hours before the scheduled time of your surgery.
- Other: _____

The day of your surgery

- Take a shower respecting the same directions as for the previous day.
- Wash your mouth and brush your teeth.
- Don't wear any make-up or nail polish; don't use hairspray or any other hair products, deodorant or antiperspirant, body creams or lotions; don't wear any perfume, contact lenses, jewellery or piercings.
- Wear comfortable clothes that are easy to put on and take off, and shoes with flat heels.
 - We recommend you wear a sweater or shirt that opens in the front for any operation involving the upper body.
- Don't eat anything. You may continue drinking clear liquids as usual (no milk, no juice with pulp).
- Two hours before your planned arrival at the hospital, you must drink a sugary beverage² (see the options in appendix 2).

- Take your regular medications, unless your doctor has advised otherwise.
- Arrive at the scheduled time for your surgery at the location mentioned by the admission staff.

Please note that the scheduled time of your surgery may change and that it may be cancelled or postponed to another date. In such case, this is an unforeseeable event and we apologize for any inconvenience this may cause.

What to bring with you to the hospital?

- This guide and any others you were given.
- A urine specimen collected the morning of your surgery (for women aged 55 and under).
- A valid health insurance card or immigration visa, if applicable.
- Information from your insurance policy, if required.
- An up-to-date list of your medications printed by the pharmacy, 8½ x 11 format.
- A list of any over-the counter medications, vitamins or natural products you are taking.
- Results of any X-rays you've undergone at another facility (CD, report, etc.) if required.
- All of your medications in the original individual containers provided by the pharmacy (not in a pill box) as well as any inhalers (pumps).
- Mint flavoured chewing gum (other flavours may make you feel nauseous).
- Personal items that will be useful during your hospital stay such as: closed, slip-resistant shoes or slippers, toothbrush, toothpaste, soap, paper tissue, sanitary pads, if necessary. Bring only essential items in a small bag or suitcase.

² Exclusions: If you are diabetic or have trouble swallowing clear liquids, disregard this instruction and discuss this with your doctor.



What to bring with you to the hospital? (continued)

- If applicable: CPAP, walker, cane, orthoses, brace.
- Credit card information if you would like to rent a TV.
- Books, magazines, or any other pastimes.

Please leave valuables and extra money at home. The hospital is not responsible for lost, stolen or broken items.

Duration of your hospital stay

Day surgery

- You won't be staying at the hospital. You will be leaving a few hours after your surgery.
- You are not authorized to drive if you were administered anesthesia.

Short-stay or long-stay surgery

- The healthcare team will determine when you will be discharged. Discharge time is usually around 10:00 a.m.

For additional information

Contact your hospital and ask to be transferred to the following departments:

- Before your surgery → To the preoperative/preadmission department
- After your surgery → To the unit where you stayed following your surgery

Hôpital Fleury

Monday to Friday, from 6:30 a.m. to 2:30 p.m.
514 384-2000, extension _____

Hôpital Jean-Talon

Monday to Friday, from 7:45 a.m. to 3:45 p.m.
514 495-6767, extension _____

Hôpital Sacré-Cœur-de-Montréal




















Monday to Friday, from 7:30 a.m. to 3:30 p.m.
514 338-2222, extension _____

Regardless at which hospital you will be undergoing surgery, contact us at least 48 hours prior to your surgery at 514-338-2222, extension 3152 if:

- You are sick or hospitalized
- You have a cough or fever
- You are unable to undergo surgery for any other reasons

Notes :

Appendix 1 – Examples of high-protein foods

Foods	Portion	Amount of protein*	Calorie count*
Beef  Chicken  Fish 	90 g (3 oz) or the size of a standard deck of cards or the surface of your palm. 	24 g	185 kcal
Eggs 	1 large egg	6 g	70 kcal
Milk (2%) 	250 ml (1 cup) 	8 g	130 kcal
Enriched soy beverage or other plant-based beverage 	250 ml (1 cup)  There are several other plant-based beverages (e.g. almond milk, oat milk, etc.). It is preferable to choose plant-based beverages that are high in protein. Refer to the nutritional values in the table on the product packaging.	7 g	100 kcal
Cheese 	30 g (1 oz) or approximately the size of 2 fingers or ¼ cup cubed 	8 g	120 kcal
Cottage cheese 	125 ml (½ cup) 	13 g	100 kcal
Greek yogurt or other regular yogurt 	175 g (¾ cup)  We recommend Greek yogurt because it is high in protein. However, if you can't get Greek yogurt, there are other options (e.g. yogurt, kefir, skyr, etc.). Refer to the nutritional values in the table on the product packaging.	15 g	120 kcal
Legumes 	125 ml (½ cup) 	7 g	100 kcal
Nuts, seeds 	60 ml (¼ cup) or a handful in the palm of your hand 	8 g	200 kcal
*Recommended additional intake (per day)		Between 18 and 22 g	Between 100 and 500 kcal depending on the type of surgery



Appendix 2 – Examples of sugary beverages

Two hours before you arrive at the hospital, you must drink one of the following sugary beverages within 10 minutes to help you heal after your surgery.

Exclusion : If you are diabetic or have trouble swallowing clear liquids, disregard this instruction and discuss this with your doctor.

Options for sugary beverages

> **Apple juice**

In the morning: 425 ml (1 $\frac{3}{4}$ cups)

Avoid old-fashioned apple juice



> **Commercial iced tea**

In the morning: 550 ml (2 $\frac{1}{4}$ cups)



> **Pulp-free lemonade**

In the morning: 500 ml (2 cups)



> **Pulp-free orange juice**

In the morning: 500 ml (2 cups)



> **Cranberry cocktail**

In the morning: 325 ml (1 $\frac{1}{3}$ cup)



> **Do not drink any dairy products.**



Appendix 3 – Recommended exercises to do before and after your surgery

1. Exercises for your circulatory system

Goal : to reduce the risk of circulatory complications.

Position : lying down on your back or sitting with your legs stretched out in front of you.

How to do it : flex your toes and feet towards your head and then point them downwards as far as you can. You may also make circles with your feet.

Do this exercise regularly (recommended frequency: 30 reps every hour).



2. Shoulder flexion

Goal : to prevent onset of stiffness in the shoulders and rib cage.

Position : sitting on a chair with your back properly supported.

How to do it : lift your arms over your head as high as possible.

Do 2 series of 10 repetitions 2 to 3 times a day.



3. Abdominal breathing

Goal : to promote expansion of the lungs and avoid pulmonary complications.

Position : sitting straight and tall with your head aligned above your shoulders and pelvis. Put your hands on your abdomen.

How to do it : take the time to become aware of your breathing. Breathe through your mouth while pulling your abdomen in, then inhale deeply through your nose while letting your abdomen expand.

Do 2 series of 10 reps 2 to 3 times a day.



4. Walking

Walking prevents circulatory and pulmonary complications. It will help you return to your usual level of independence.

It is recommended that you walk regularly, respecting your abilities. If you are not very active, start by walking short distances. Remember that an exercise does not have to be difficult to do to be effective.



Reminder: If you were given a guide specific to the type of surgery you will be undergoing, follow the exercise program in that guide.