

Plastic Surgery at the Surgery Centre

What is plastic surgery?

Plastic surgery repairs, remodels and/or restores parts of the body. There are many reasons for having plastic surgery. Your surgeon will explain the type of procedure you are having and how it is done before you sign a consent form.

Making plans for the day of your procedure

- If you are having sedation, you must have a responsible adult pick you up, take you home and stay with you the first night. This person is called your contact person/driver.
- Come to the Surgery Centre on the day of your procedure with your contact person/driver and his or her contact telephone number.
- Advise your contact person/driver to keep his or her cell phone on during the day if he or she is not staying in the Surgery Centre Waiting room. This person must be able to get to the Surgery Centre Waiting room in 15 minutes when called.

The day of your procedure

- Follow all of the instructions your doctor has given you.
- Remove make-up, lipstick and nail polish from fingers and toes.
- Remove all jewellery such as earrings, body piercings, necklaces, rings, watch and leave at home.
- Leave money, wallet, purse and items of value at home.
- Take a bath or shower and wash your hair.
- Wear a short sleeve top with buttons or zipper, pull-on pants and walking shoes with low heels. Wear slip on shoes if you have them.
- Wear your hearing aid(s). You will need your hearing aid(s) while you get ready for surgery and talk to the nurse and doctor. The nurse will tell you when to remove your aid(s) and put with your belongings.

- **Come to the Surgery Centre Waiting Room 1½ hours before your assigned surgery time. It takes 1½ hours to get you ready.**
- **Bring your health card and medication.**

What happens in the Surgery Centre?

Your contact person/driver is asked to wait in the waiting room while you are prepared for surgery. If you need help with translation your contact person/driver will come into the preparation area with you to help out.

When the nurse invites you in, you put a hospital gown on. Your nurse then puts a thin tube into a vein in your arm called an intravenous (IV). The IV is used to give you fluids and medication in the operating area.

The surgeon comes to see you and puts his or her initials near the procedure site with a special pen. Your contact person/driver can then wait with you until you go to the operating area.

When you go to the operating area, the surgical team greets you and checks your name, allergies, the procedure being done and location. This is called the 'surgical pause'.

Your procedure will be done using local or general anesthetic. Your anesthetist will review what type of anesthetic you are having and how long your procedure will take in advance:

- If you have a local anesthetic, only the procedure area is frozen. You may feel pressure there. You are given pain medication when needed.
- If you have a general anesthetic, you sleep during the procedure.

How will I feel after surgery?

You may have some pain or discomfort. For pain or discomfort, you can have pain medication, such as Tylenol or other medication ordered by your surgeon.

If the pain or discomfort is severe after you go home, call your surgeon or go to the nearest Emergency.

When can I eat after surgery?

Drink fluids and eat a light snack when you go home. You can then follow your usual diet.

You cannot drink beer, wine or alcohol for 24 hours.

When do I go home?

- People who have had a local anesthetic go home about 20 minutes after the procedure.
- People who have had a general anesthetic stay for up to 2 hours.

When you come back from the operating room, your nurse monitors your blood pressure, heart, and oxygen. You will sip a drink and the IV is taken out as you get closer to being discharged. The nurse reviews the ‘after surgery’ instructions with you and your care helper before you leave.

For your safety, if you have had sedation or a general anesthetic, your nurse helps you get up the first time after your procedure. You then get dressed and use the washroom.

A volunteer escorts you in a wheelchair to the front door for pick-up.

What activities can I do at home?

During your office consultation before surgery, your surgeon should tell you the type of activities you can and cannot do after the procedure.

The nurse will review your ‘after’ instructions with you before you go home.

When do I see the surgeon again?

You may be given a follow-up appointment to see your surgeon.

If you do not have a follow-up appointment, you may be advised to contact the doctor’s office to make one. It is important to do this and keep this appointment.

Bring all your medications and any forms you need filled out with you to your follow-up appointment.

Special instructions:
