



# One Day Surgery Times

Issue 2

Volume 2

February 2009

## Editor:

Dr. T. Naresh Row

## Board:

Dr. Paras Jain

Dr. T. Seema Row

Dr. Kishore Adyanthaya

Dr. Bharat Shah

Ms. Smita Khanna

A monthly publication of One Day Surgery India Private Limited

Rs. 10/-

[www.one-daysurgeryindia.com](http://www.one-daysurgeryindia.com)

**One Day Surgery Center-Babulnath Hospital is now  
ISO 9001:2000 complaint**

## From the Editors Desk:

To my mind, one of the most important aspects in the success of One Day Surgery is clear instructions. These help in not only minimizing the mistakes and complications, it also works as a reassurance to the patient. They have become an integral part of most hospital set ups abroad.

Late Dr. P. K. Jhaver, used these instructions with great success during his time and with a little modification, I find them valuable.

These, I would like to share with readers. I am sure, they will be of use to your patients, even if they are not for Day Care Surgery.

They are broadly divided into Pre-procedure or Pre-op. & Post Procedure or Post Op. Instructions. They are general instructions, which cover most of the basic requirements for the patients.

## PRE-PROCEDURAL INSTRUCTIONS

You are about to undergo a procedure, there is a certain amount of apprehension, which is understandable. To make your surgery more comfortable, we are giving you some simple instructions, which are easy to follow.

Please go through them and follow them carefully, if you have more queries or are not able to understand them, please feel free to ask us, we will be happy to help you.

1. Though the procedure will be done under Local Anaesthesia, you should be 'Nil by mouth' for at least 6 hours or more, before the procedure, which means, you should not eat or drink anything, including water. We may need to give you injection for sleep.
2. Take the medications prescribed to you as per instruction, before the procedure.
3. You may need to shave the operative area, if there is excessive hair around it, please ask for instructions, if not given.
4. Have a bath before the surgery, unless advised not to.
5. Have a good night's sleep; ask for sleeping pill if you think that you will not be able to sleep.
6. Please inform regarding the medications which you are already on, say, for blood pressure, diabetes etc. DO NOT FORGET to take your

B.P. & Heart medicines before surgery, with one sip of water. Any known allergies to medicine or others also should be informed.

7. Do Not take your medicine for diabetes on the morning of surgery, as you are fasting, unless otherwise specified.

8. If you are taking any anti-platelet / Blood thinning medicines, such as, Aspirin, Disprin, Ecosprin etc., you have to stop them at least three to seven days in advance of your surgery.

9. You will need to take Injection T.T. before the surgery, if you have not taken it in the past 6 months.

10. Please bring our consulting paper and all the investigation reports with you.

11. A responsible person should accompany you, who can understand the instructions given after the procedure and will take you home.

12. Please be in touch with your family Physician or GP for any medical help, or call us on our contact numbers.

Wish you all the best, and a speedy recovery.



## POST PROCEDURAL INSTRUCTIONS:

1) YOU HAVE JUST UNDERGONE A PROCEDURE, IT IS A NEW EXPERIENCE FOR YOU AND THE PEOPLE ATTENDING YOU, BUT THERE IS NOTHING TO GET ALARMED, WE HAVE COMPILED A FEW INSTRUCTIONS WHICH ARE AIMED AT MAKING YOUR RECOVERY COMFORTABLE, YOU WILL FIND THEM HELPFUL AND EASY TO FOLLOW.

2) YOU MAY FEEL A LITTLE DIZZY OR GROGGY, THIS IS NORMAL AS YOU MAY HAVE BEEN GIVEN A SEDATIVE IN THE FORM OF INJECTION, TABLET OR SYRUP.

3) DO NOT DRIVE, DO NOT DO ANY WORK THAT NEEDS CONCENTRATION OR FINE CO-ORDINATION FOR AT LEAST 24 HOURS.

4) PAIN:-YOU MAY EXPERIENCE A LITTLE DISCOMFORT OR PAIN AT THE SITE OF PROCEDURE. THIS IS EXPECTED. PLEASE TAKE THE ANALGESIC WHICH HAS BEEN PRESCRIBED TO YOU, AS INSTRUCTED, OR USE A HOT WATER BOTTLE, HOT FOMENTATION, OR SEITZ BATH. NORMALLY, BY THE END OF ONE HOUR, THE PAIN SHOULD REDUCE, IF IT STILL PERSISTS, YOU MAY NEED INJECTABLE PAIN KILLERS, CONTACT YOUR FAMILY PHYSICIAN OR CONTACT ANY ONE OF THE NOS PROVIDED TO YOU, IF POSSIBLE, ONE OF OUR TEAM OF DOCTORS WILL ATTEND TO YOU.

5) DRESSING:-YOU WILL HAVE A DRESSING OVER THE OPERATION SITE, WHICH NORMALLY IS TAKEN OFF AFTER TWO DAYS, BUT IT CAN BE TAKEN OFF EARLIER: IF INSTRUCTED BY US, IF IT GETS WET WHILE HAVING A BATH OR IF IT IS SOAKED WITH DISCHARGE OR BLOOD.

6) MEDICATIONS:-ALL MEDICATIONS ARE TO BE TAKEN AFTER FOOD UNLESS SPECIFIED OTHERWISE.

7) DIET: - YOU CAN EAT EVERYTHING, EXCEPT OILY AND SPICY FOOD. EAT PLENTY OF SALADS, GREENS VEGETABLES

AND FRUITS, UNLESS SPECIFIED OTHERWISE. CHEW YOUR FOOD PROPERLY AND COMPLETELY.

8) BATH:-YOU CAN HAVE A SPONGE BATH AS LONG AS THE DRESSING IS THERE, NORMAL BATH CAN BE TAKEN ONCE THE DRESSING IS OFF.

9) EXERCISE:-WALKING, CLIMBING STAIRS ONE AT A TIME, SITTING ON THE FLOOR, SQUATTING AND DOING LIGHT WORK AT HOME IS EXPECTABLE, AVOID STRENUOUS WORK, WEIGHT LIFTING OR RUNNING.

10) INSTRUCTIONS GIVEN TO YOU HAS TO BE FOLLOWED CAREFULLY, IF IN DOUBT, DO NOT HESITATE IN CALLING US. WE WILL TRY TO SOLVE YOUR PROBLEMS AS BEST AS WE CAN.

11) FOLLOW UP REGULARLY.

As you will see, that, even the instructions are in different font size and format, so that there is now confusion while giving the instruction sheet. Also, these can be printed in different colour sheets for better differentiation please feel free to copy these instructions and distribute among your patients. If there are additions or subtractions that you think would improve these instructions, please do not hesitate in letting me know.

**Dr. T. Naresh Row**

### About the author:

*Dr. T. Naresh Row,  
A General Surgeon, with special interest in Day Care Surgery.  
Founder, The Indian Association of Day Surgery.  
Hon. Secretary, The Indian Association of Day Surgery.  
Editor, Day Surgery Journal India.  
Author, Protocols of a Day Care Surgery Centre.  
Webmaster: [www.daysurgeryindia.org](http://www.daysurgeryindia.org) ; [www.one-daysurgeryindia.com](http://www.one-daysurgeryindia.com)*

**ISO 9001:2000 Compliant**

## One Day Surgery Center

at  
Babulnath Hospital  
is

**First of its kind in India.**

A stand alone, multi-specialty center, which will be specially designed, with trained staff to cater to your patients needs, who can avail of the vast benefits of

### Day Care surgery.

Fully equipped OT, Separate Ophthalmic unit, 24 hrs. Nursing care facilities,  
Hassle free Admission and Discharge procedure,

For more than 200 economically priced, surgical procedures.  
Doctors interested, please visit &/or contact:

#### **Dr. Kishore Adyanthaya**

Consultant Paediatric Surgeon  
Medical Director, ODS  
Honorary Treasurer  
The Indian Association of Day Surgery  
(Mobile: 9820282804)

**&**

#### **Dr. T. Naresh Row**

Consultant Day Care Surgeon  
Founder & Hon. Secretary  
The Indian Association of Day Surgery  
Editor, Day Surgery Journal of India  
(Mobile: 9820414641)

**Tel.:** 23674758 **Fax:** 23675221

1st floor, 15, Sadguru sadan, Opp. Babulnath Mandir, Babulnath Road, Mumbai-400 007

**E-mail:** [nareshrow@hotmail.com](mailto:nareshrow@hotmail.com) **Website:** [www.one-daysurgeryindia.com](http://www.one-daysurgeryindia.com)

*Project conceptualized by:*

**Dr. T. Naresh Row, Chairman-Director, One Day Surgery India Private limited**

