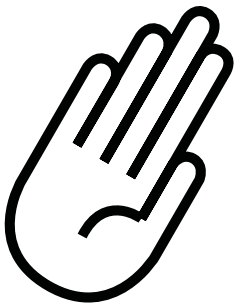
Sheffield Teaching Hospitals NHS
NHS Foundation Trust

Information for patients

Welcome To Sheffield Hand Centre



smoke-free hospitals

The Sheffield Hand Centre

Fasting instructions

You are not allowed to eat after:

Time…….. Date……..

The following things are considered to be foods, chewing gum, mints and sweets.

You can continue to drink water only until:

Time……. Date…….

Failure to follow these instructions may result in your operation being cancelled

Name……

Consultant……..

Please attend the unit for your procedure:

On…….

At……...

Please do not come earlier than 7.00am as the centre will not be open

- If your health has changed since your preoperative assessment or if you are unwell or have a cold or sore throat when you are due to come into hospital please telephone us for advice before you come in

on…….....…….

What is the Sheffield hand Centre?

The centre cares for patients whose procedure does not require an overnight stay in hospital. Our aim is to make your stay as comfortable and pleasant as possible.

Where is the Sheffield Hand Centre?

Enter the hospital via Herries Road entrance and procede up the drive and the main entrance is on the right hand side. There are pay and display car parks before and after the entrance.

What do I need to do to prepare for my appointment?

- If you have children you will need to arrange child care as there are no child care facilities on the unit.
- If you smoke it is recommended that you consider giving up smoking for several weeks before your operation. To gain the full benefit from not smoking before an anaesthetic it is recommended that you stop smoking 8 weeks before your anaesthetic. Benefits however, have been seen in people who have stopped 2 days before. Smoking reduces the amount of oxygen in your blood and increases the risks of having breathing problems during and after your operation. We advise that you stop smoking at least 48 hours before your anaesthetic.
- Recreational drugs and alcoholic drinks should be avoided for at least 24 hours before your anaesthetic.
- Remove all jewellery, except a wedding band. However, you must remove this if you are having surgery to the same hand/arm.

- Do not wear nail polish or makeup and remove false nails.
- Do not wear contact lenses on day of surgery.
- Please have a bath or shower on the morning of your appointment.
- Arrange for a responsible adult to accompany you home and stay with you for 24 hours after your operation. After anaesthetic of any kind you cannot drive yourself home.

What do I need to bring with me on the day of my operation?

Any drugs, medicines or inhalers you are using. You should continue to take them as usual unless you have been asked to stop taking them by your assessment nurse, surgeon or anaesthetist.

A dressing gown and clean indoor slippers if you have them.

A magazine, newspaper or book to read.

Please do not bring anything of value with you

How long will I stay on the Sheffield Hand Centre?

Morning surgery will take place between 7.30am and 12.30pm and afternoon surgery between 1.30pm and 5.30pm.

The surgeon will discuss your operation with you and you will be asked to sign a consent form if you are happy to continue with the planned treatment and you haven't already done so.

The type of anaesthetic required will be discussed with you and chosen to ensure you recover quickly and with as few side effects as possible.

If you have a general anaesthetic you will wake up in the recovery room before returning to the Hand Centre.

You will be offered some light refreshment such as a cup of tea or coffee and a biscuit or toast.

You are usually ready for discharge home 2 hours after having a general anaesthetic.

PLEASE NOTE the time you are given for your admission to the Hand Centre is different from your actual operation time so please be prepared as you could be waiting.

What facilities are available at the Sheffield Hand Centre?

As we have patients who are starved for their operation/procedure there are no refreshment facilities in our reception area. Our reception staff will be happy to direct visitors to the nearest canteens.

Toilets are located within the area.

How can I prepare for going home?

You must arrange for a responsible adult to collect you as you will not be allowed to go home unaccompanied following a general/regional anaesthetic.

For 24 hours after your operation/procedure:

- do not drive a vehicle
- do not operate machinery
- do not sign any legal documents
- do not smoke, drink or use recreational drugs
- do not take sleeping tablets, unless authorised by your surgeon/anaesthetist

You will be given information relating to your procedure on discharge including any follow up appointments required.

If you have any concerns or worries we are here to help you so don't hesitate to speak to one of the nurses involved in your care.

Contact number for

The Sheffield Hand Centre 0114 3052364

Out of hours (7pm - 7am and weekends)
Surgical Assessment Centre on0114 2269440

The Northern General Hospital is a teaching hospital which means we participate in the training of many different types of staff. During your stay you may have students under supervision participating in your treatment.

This information can be made available on request in alternative formats including Braille, large print, audio, electronically and other languages. For further details email: **alternativeformats@sth.nhs.uk**

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