

# Patient information

## Local anaesthetic information

***Please read carefully before your arrival***

### Introduction

Local anaesthetic is a type of medication used to numb areas of the body during some types of surgery.

### How local anaesthetic works

Local anaesthetic causes a loss of pain sensation to a specific area of your body without making you lose consciousness. You will not be able to feel any pain during the procedure but you may still feel some pressure or movement.

It only takes a few minutes to lose feeling in the area where local anaesthetic is given. Your doctor will make sure the area is fully numb before starting the procedure.

It can take a few hours for local anaesthetic to wear off and for full feeling to return. You should be careful not to damage the area during this time. You may need painkillers if it's likely you'll be in pain after the anaesthetic has worn off.

If you have not had your nose/groin swabs (MRSA) taken, you will need to arrange this. To make an appointment, please ring 01284 713283 at least one week prior to your operation. Lines are open between 9:00am to 5:00pm from Monday to Friday.

## **Additional information for patients taking WARFARIN**

Your surgeon will decide if you need to stop or continue your **WARFARIN** before your operation.

- **If you are advised to continue it:** you should get your INR checked (wherever you usually have your INR checked) 3 days before your operation date.
- **If you are advised to stop:** you should get your INR checked 7-14 days before your operation (wherever you usually have your INR checked) and stop your WARFARIN 5 days prior to your operation.

***Failure to have this done may result in your surgery being cancelled.***

Your surgical team will advise the Anticoagulation Monitoring Service of the date of your surgery and what the required INR should be on that date, in order for surgery to proceed. The Anticoagulation Monitoring Service will contact you if you need to change your warfarin dosage prior to your surgery. If you have any concerns please contact them on 01284 713085 between 11:00am - 3.00 pm from Monday to Friday.

Some patients who take warfarin may need to have heparin injections before and after surgery whilst warfarin levels are low. Your surgical team will arrange this with your GP practice and will tell the Anticoagulation Monitoring Service about this too. Please follow the instructions given in your letter.

## **Information for patients on antiplatelet agents**

If you take aspirin or Clopidogrel, you should continue to take this medicine unless you have been specifically advised to stop it by your surgeon. If you have been advised to stop, you should stop taking aspirin 7 days prior to surgery and stop Clopidogrel 10 days prior to surgery. Please contact your surgeon if you are in any doubt whether you should continue or stop taking your medications for your operation.

## **On the day**

- Ensure you have eaten and had a drink, as light refreshments only are provided after your operation.

- Take all your medications as normal, unless you have been specifically requested not to by the surgical staff or Anticoagulation staff e.g. Warfarin, Aspirin and Clopidogrel.
- Wear comfortable clothes which can be easily removed.
- Arrange for someone to collect you after your surgery.
- Many of the operations we do will prevent you from driving safely.
- You may need to organise some help at home for several days after the operation.

### **Please bring with you**

- Dressing gown and slippers (not for oral surgery).
- A contact phone number for the person collecting you.
- Change for the car parking machine (if escort is staying).

### **While you are with us**

We prefer that patients are left at the unit for their surgery and are collected afterwards as space is limited.

A 20-minute drop off/collection area is provided in front of the Day Surgery Unit. Alternatively all patients attending clinics should park in Car Park A, located at the front of the hospital.

There are some parking spaces for disabled people outside the Day Surgery Unit.

Relatives are welcome to wait in the reception area, but please be aware that if the unit is busy there may not be room for you to sit together.

You may be with us for several hours as this is an operating list, not a clinic appointment. Your patience is appreciated as we are a very busy unit with several theatres running at any one time.

Please book in at Reception.

The Day Surgery Staff will admit you.

The Surgeon will meet you prior to having your operation and you will be asked to sign a consent form, if you have not already done so.

## **After your operation**

Specific written and verbal information will be given to you by the nurses.

You may have to attend a clinic appointment or your local practice nurse for a wound check or removal of stiches.

For patients taking **WARFARIN**, the surgeon will decide whether and when it is safe for you to restart taking warfarin or not and when you should have your next INR blood test. You must ensure that you have been given this information before you leave the department. When you have your next INR blood test after surgery please write on your blood form how much warfarin you have taken since your operation.

For patients taking antiplatelet agents, your surgeon will advise you when you can safely restart them.

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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