Instructions fot those admitted for surgery to Kaarisairaala building

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| Kuvaus: | Instructions for preparing for surgery and arriving at the hospital, attachment to eLetter |

These instructions describe how you must prepare at home for the surgery and inform you about issues that you should take into account when arriving at the hospital as well as after the surgery.

**Preparations at home**

**Washing up and hygiene**

* take a shower in the evening before, or at the latest in the morning, of the surgery
* clean your navel
* make sure that your eyelids and eyelashes are clean
* remove nail polish
* remove piercings and jewellery
* **do not remove** hair on the area that will be operated on

**Clothing**

Wear clean clothing that is easy to put on.

**Eating and drinking**

Do not eat or drink for six (6) hours before arriving at the hospital unless you have been otherwise instructed.

**Medications on the day of surgery**

A nurse at the unit in charge of your care will let you know which medications you may take at home with a small amount (less than 0.5 dl) of water.

**Tobacco and intoxicants**

* smoking is completely prohibited since 8 pm of the evening before the surgery
* drinking alcohol is prohibited within 24 hours before the surgery

**Arrival at Kaari Hospital**

The main entrance door of the Kaari Hospital opens at 6.30 am.

**Self-registration**

Use the bar code in your invitation letter, Kela card, or your driver's licence, or your personal identity code to register your arrival at an automatic registration point.

**At the unit responsible for your treatment**

One person may escort you to the unit. You change your clothing in a locker room which has locked clothing cabinets and instructions related to dressing; an attendant will help you if necessary. You are called in for an admission interview with a queueing number. After the interview, a nurse will pick you up at the waiting hall to take you to the operating room. Preparations related to the surgery, such as removal of hair on the skin, will take place in the operating room.

**After the surgery**

**Further treatment**

After the procedure, you will be taken to a recovery room or a ward, from which you will be discharged as soon as the criteria for discharge are fulfilled.

**Staying overnight in the recovery room**

You may not leave the recovery room during treatment, and no visitors are allowed in the recovery room. You may use your mobile phone.

**Support person**

If you are discharged on the day of surgery, you must have an adult person to support you for the following 24 hours.

**Driving**

You are not allowed to drive a car on the 24 hours following the surgery.