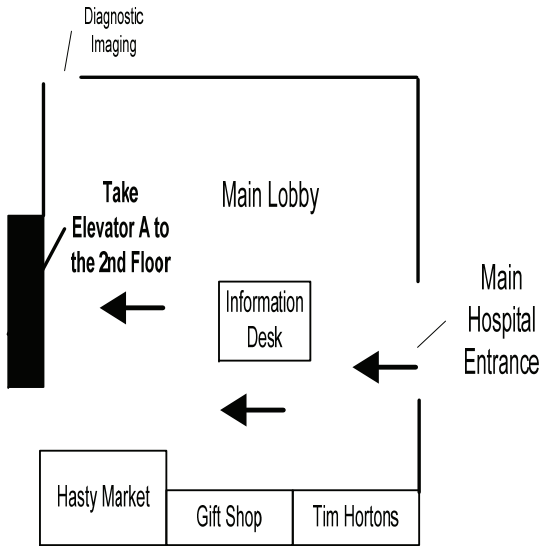


TRILLIUM HEALTH CENTRE- Mississauga:

100 Queensway West, Mississauga

The surgical check-in desk is located on the 2nd floor of at the Mississauga site of Trillium Health Centre (map below).

Map of Mississauga Trillium



Call to book your Pre-operative Clinic appointment:

(905) 848-7580 x5734

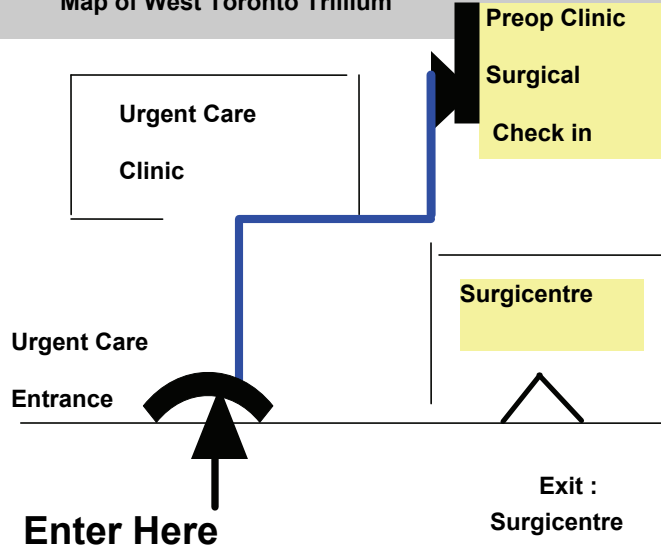
Appointment Date _____

Time _____

The Pre-op Centre is located at the West Toronto Site of Trillium Health Centre

150 Sherway Drive, Toronto

Map of West Toronto Trillium



Your Health. Our Passion – for Life

Preparing for Surgery



You have an important part in preparing for your surgery.

Reading this pamphlet will help you get ready.

Call the Pre-operative Clinic to book your appointment to see the nurse, pharmacist and/or have any lab work completed, (905) 848-7580 x5734

Date: _____ **Time:** _____

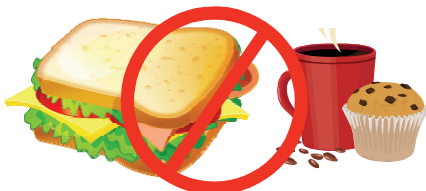
Getting Ready - Don't Forget



- Follow the instructions on your surgical package given to you in your surgeon's office.
- Ask your doctor if you are to take your usual medication before your surgery (including herbal supplements and non-prescription medications).
- If you take pills like aspirin (i.e. ibuprofen, naproxen), ask your doctor if you need to **stop** taking these medications before surgery.
- If you do not understand English, bring someone with you on the day of surgery that can translate for you
- Advise your family that only **1 visitor** is allowed.

The Night Before Surgery

- **Do not eat or drink anything after midnight.** (If you are diabetic, please discuss fasting guidelines with your physician, and read the pamphlet for diabetic patients having surgery).
- Double check that you have packed your personal items (tooth brush, tooth paste, shampoo, etc). Your family will need to look after these until you are admitted to your room after surgery.



On the Day of Your Surgery

- **DO NOT EAT OR DRINK.**
- If instructed by your doctor, take your usual medication the morning of your surgery with a **SIP of water only**.
- Do not have gum, candies, or cough drops.
- Have a family member stay with you before and after surgery, if you need help reading forms.

You Will Need to Bring



- Your surgical package.
- Reading glasses / contact lenses (and carrying case),
- Hearing aid(s).
- Bring all the prescription medications you usually take with you to the hospital.
- The name and phone number of the adult who will be driving you home and be responsible for you at home the first 24 hours.
- Please advise your anesthesiologist and nurse if you have any loose teeth, false teeth, caps, bridges, or other dental work.
- Do **not** bring valuables to the hospital; leave your jewelry and large amounts of money at home.

Admission / Registration

- Please come to the hospital **2 hours** before the time of your surgery. Go to Surgery Check-In located on the 2nd floor of the Mississauga site.

- Arriving early will help ensure a smooth process and avoid delays.

When you are Discharged

- You will be provided with discharge instructions.
- The nurse will go over what to expect, and when you should see a doctor.
- The discharge time is **9:00 a.m.**
- Have a responsible adult available to take you home.



At Home

- If you have children make sure someone else can care for them after surgery so you can rest and recover.
- Call you doctor to arrange a follow-up appointment as instructed.

