



RAK HOSPITAL

Premium Healthcare. Premium Hospitality



PATIENT GUIDE TO SURGERY



SHERIF KHALIFA EXCELLENCE AWARD

CommonSpirit⁺
International
A Strategic Alliance





WELCOME TO YOUR SURGICAL JOURNEY AT RAK HOSPITAL

We are honored that you have selected RAK Hospital for your forthcoming surgical procedure. Our commitment at RAK Hospital is to tailor a healthcare journey that is uniquely yours, encompassing not just your physical wellbeing, but also nurturing your mind and spirit.

This informational guide is crafted to support both you and our team at RAK Hospital in ensuring the success of your surgery. We embrace the Enhanced Recovery after Surgery (ERAS) program, a comprehensive approach designed to prepare you thoroughly for both the pre- and post-surgery phases.

The core objectives of ERAS include:

- ▶ Alleviating pain effectively
- ▶ Shortening your hospital stay
- ▶ Minimizing surgical complications
- ▶ Accelerating your return to health and normalcy

Our dedicated team, comprising skilled physicians, nurses, physical therapists, pharmacists, and other healthcare professionals, is here to guide you through this journey. And importantly, you are a **central member** of this team. This brochure serves as a roadmap, preparing you for both your surgery and the recovery that follows.

Pre-Surgery Preparation at RAK Hospital

Your path to recovery and wellness commences even before your surgical procedure. After initial tests and consultations with your doctor, the process for your in-patient surgery at RAK Hospital begins. You'll be scheduled for essential pre-surgery screening, an integral step for anyone undergoing a hospital stay post-operation.

Once your surgery is booked at RAK Hospital, a member of your surgeon's team, such as a nurse or assistant, will contact you to arrange a pre-operative appointment. This appointment, typically set one to two weeks before your surgery, is a crucial phase in your preparation.

During this approximately 60-minute visit, you will have the opportunity to meet with the anesthetist for a pre-anesthesia assessment and discuss your surgery schedule with the doctor's assistant. This session is pivotal in assessing your health status before surgery and crafting a personalized plan tailored to your medical history, surgical requirements, and postoperative needs.

A key aspect of this visit involves a comprehensive review of all medications, both prescription and over-the-counter, as well as any supplements you are currently taking. Please ensure to bring these with you. Depending on your overall health and the specific nature of your surgery, additional tests such as blood work, x-rays, or cardiograms may be necessary.

Should you have hearing impairments or require translation services, we encourage you to inform us in advance so we can make all necessary arrangements for your comfort and understanding. Additionally, in compliance with regulatory requirements, our insurance team will contact you 48 hours before your surgery to confirm insurance coverage and discuss any potential out-of-pocket expenses.

Preparing for Your Upcoming Procedure: Essential Steps

As you get ready for your procedure, here are some key guidelines to follow to ensure you are well-prepared:

- ▶ **Exercise Regularly:** Please talk to your surgeon on the physical activity and follow the recommendations. Aim to walk for 10 to 30 minutes each day. This simple activity can significantly aid in your pre-surgery preparation.
- ▶ **Smoking:** If you are a smoker, it's important to discuss smoking cessation or reduction strategies with your surgeon. Cutting down on smoking can have a positive impact on your surgical outcome.
- ▶ **Daily Hygiene:** Shower daily, In addition, use chlorhexidine 2% wipes after showering once a day for the two days leading up to your surgery, and again on the morning of your surgery. These wipes are available at our Pharmacy.
- ▶ **Medications and Equipment:** During your pre-surgical evaluation, you may receive prescriptions for postoperative pain medication or equipment such as crutches or a brace. It is advisable to fill these prescriptions before your surgery to ensure you have everything ready post-procedure.
- ▶ **CPAP Machine Users:** If you use a CPAP machine, please clean your CPAP mask or nasal prongs and bring them with you to the hospital. While you don't need to bring the entire machine, do inform the nurse of your home settings for optimal comfort during your hospital stay.
- ▶ **Pre-Medication and Bowel Prep:** Follow your physician's instructions regarding any pre-medication or bowel preparation. Adherence to these instructions is crucial for a smooth surgical process.
- ▶ **Home Care:** In case you need to avail Home Care Services post surgery, please keep us informed. Please contact +971558832059 for assistance.

By carefully following these steps, you can contribute significantly to the success of your surgery and your overall health and recovery. Please ensure to discuss with your surgeon about your procedure in detail and ensure that all your questions are answered. Discuss your post op recovery plan and requirements with your doctor along with your family or your support system.

YOUR SURGICAL DAY AT RAK HOSPITAL:

A Step-by-Step Guide

As you arrive at RAK Hospital for your surgery, please head to the admissions office located on the Ground floor. The staff there will warmly welcome you and direct

you to the appropriate area for your pre-surgery preparations. If you are scheduled for a day procedure, you will be guided to the day care department. For those accompanying you, a comfortable waiting area or room will be available where they can wait during your admission process and procedure.

A dedicated nurse will be at your service to review your information, address any questions you might have, and assist you in getting ready for your surgery. This preparation includes changing into a hospital gown. We kindly request that you remove any glasses, contact lenses, and jewelry, including wedding rings, for your safety. If you use a hearing aid, please bring it with you.

Prior to your surgery, an anesthesiologist will meet with you to discuss the anesthesia plan and post-procedure pain management. This is an excellent opportunity to talk through any concerns or queries regarding anesthesia. Your surgeon will also visit you before the surgery to reconfirm the details of the procedure, ensuring everything is as planned.



Before day of Surgery:

- ▶ If you are sick with any illness, please notify your surgeon's office immediately
- ▶ Do not shave near the surgery area. If there is a rash or break in your skin near the surgical area, please inform your surgeon
- ▶ Follow any special instructions given by your other healthcare providers.
- ▶ Do not take any medications unless approved by your surgeon.
- ▶ Follow bowel prep instructions if having bowel surgery.
- ▶ No solid foods past midnight the night before.
- ▶ You can drink clear liquids up until 4 hours prior to surgery. Examples include: water, tea, coffee (no dairy),
- ▶ Get plenty of sleep 8-9 hours in clean pajamas and clean bed linens.



Morning of Surgery:

- ▶ Use chlorhexidine wipes after shower; DO NOT RINSE.
- ▶ Do not use any lotions, hairspray or perfumes.
- ▶ Do not wear any jewelry or any body piercings. Do not bring other valuables. do not wear mascara or false eyelashes the day of surgery.
- ▶ Bring your insurance card and a photo ID (Emirates ID)
- ▶ Bring any pertinent medical information including a list of all current, prescribed and over the counter medications.
- ▶ Parent and/or legal guardian must accompany all minors.
- ▶ Wear clothing that is comfortable for your physical condition and can be removed easily, folded, and placed in a locker or plastic bag

Don't self drive on the day of surgery, arrive atleast 30 minutes prior to your appointment time.



After your Surgery:

- ▶ **Post-Surgery Care:** After surgery, you'll be in the Post-Anesthesia Care Unit (PACU) for monitoring.
- ▶ **Surgeon Visit and Room Transfer:** Your surgeon will check on you post-surgery. Once you are sufficiently recovered you will be moved to your hospital room/ward, where family can join you.
- ▶ **Discharge for Day Patients:** Day surgery patients will receive postoperative instructions before going home.
- ▶ **Hospital Stay Post Surgery:** Expert care will be provided as planned. Your surgeon will visit daily to monitor progress. Your stay includes physical therapy, a restricted diet, and pain management. For concerns, contact the nurse in-charge or your doctor.
- ▶ **Post-Anesthesia Travel:** Post-anesthesia, you can't drive or use a taxi. Someone over 18 must accompany you at home for the first 24 hours.
- ▶ **Emergency Contact:** For any post-surgery issues, contact your doctor or visit RAK Hospital Emergency Room.
- ▶ **Follow-Up Appointment:** follow-up appointment with your surgeon will be scheduled, typically within 7 days of surgery



Post-Discharge Care and Guidelines from RAK Hospital:

- ▶ **Follow-Up Calls:** A nurse will contact you within 24 hours of your same-day surgery discharge to check on your recovery. Another follow-up call will be made after 30 days. We value your wellbeing and are here to answer any questions or provide further assistance.
- ▶ **Lifting Restrictions:** Avoid lifting anything over 5 Kg for at least 2 weeks post-surgery.
- ▶ **Exercise Instructions:** Your surgeon will provide specific guidance regarding post-surgery exercise.
- ▶ **Driving and Medication:** Do not drive if you are taking narcotics for pain management.
- ▶ **Smoking Cessation:** If you have reduced smoking, consult with your physician for advice on quitting safely.



Let your doctor know right away and Visit the RAK Emergency department :

- ▶ You have not had a bowel movement for more than 3 days.
- ▶ You have leg swelling and pain.
- ▶ You have chest pain.
- ▶ You have shortness of breath.
- ▶ You are having signs and symptoms of infection including:
 - wound opens, oozing pus
 - wound is warm/ hot to touch, red, painful to touch
 - fever of 38.3°C
 - severe pain in the area
- ▶ Please discuss the wound care with your surgeon.



Thank you for trusting RAK Hospital to perform your surgery. If you have any questions about your surgery, please contact your surgeon.

If you have any other questions, please see below.

Emergency Department (Hotline)	– 072225555
Admission office	– 072074232
Home care Services	– +971558832059
Customer Service	– 072074444

For feedback and queries please send your email to customer.care@rakhospital.com / mail@rakhospital.com