

Day Care Surgery (Ambulatory Surgery)

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Day care surgery is defined as scheduled surgical procedures provided to patients who do not require hospital stay overnight. It is a process of care by which suitable patients are managed with admission, treatment and discharge on the same day.

Eating and drinking instructions before your surgery:

- Do not eat any solid food after midnight.
- Do not drink alcohol after midnight.
- You may drink clear fluids (e.g. water, apple juice) up to 2 hours prior to arriving at the hospital, then do not drink at all.

Before coming to the hospital:

The night before, or the morning of:

- Shower and wash your hair.
- Take off all jewellery, watches, and body piercing(s).
- Take off make-up, nail polish, false eyelashes, and wigs or hairpieces.
- You must arrange for an adult to take you home from the hospital after your surgery.
- You must arrange for an adult to stay with you overnight the first night after your surgery.

What to bring to the hospital:

- Your identification card or passport, your appointment card and other related documents.
- Your medicines in their original containers, puffers (inhalers), insulin, etc.
- Your glasses, hearing aide(s), dentures. No contact lenses.

Going home:

- Remember to have an adult pick you up.
- Once you are at home, please follow the instructions given to you by the doctor.
- Do not drive any vehicle or use power tools within 24 hours after your surgery.
- Any complications after the surgery you can always go to the nearest Emergency Department.

Please call your doctor if you get a fever, cold, cough or rash prior to the surgery. Your surgery may need to be postponed.

References

1. Protocols For Day Care Anaesthesia, Ministry of Health Malaysia.
2. Bailey CR, Ahuja M, Bartholomew K, Bew S, Forbes L, Lipp A, Montgomery J, Russon K, Potparic O, Stocker M, Guidelines for day-case surgery 2019, Guidelines from the Association of Anaesthetists and the British Association of Day Surgery, <https://doi.org/10.1111/anae.14639>