



## Planning for your hospital stay after surgery

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**Abstract:** This pamphlet provides information about your care before and after surgery. Topics about preparing for surgery include: confirming the time of surgery, anesthetic, possible delays, medicines, smoking, personal care items, and valuables. After surgery we have described: recovery area, nursing unit, control of discomfort, deep breathing and coughing exercises, feet and leg exercises, nutrition, and visiting hours. Instructions for specific types of surgery will be discussed with you. The French version of this pamphlet 1118, "Planification de votre séjour à l'hôpital après une chirurgie", is also available.

**Responsibility:** Prepared by: Same Day Surgery Units (VG, HI, & DGH sites)

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