Day Surgery

Patient Information
Welcome to The Skin Hospital

Welcome to day surgery at The Skin Hospital.

To ensure that your visit with us goes smoothly we would ask that you read through this booklet thoroughly as it provides essential information for your surgery.

The Skin Hospital staff are dedicated to providing the highest standard of care, in a safe and caring environment. Our highly skilled dermatologists and dermatology nurses combine expertise, compassion, and respect to provide a genuine, personalised service. If at any point you have concerns or questions please don’t be afraid to discuss them with your doctor or other members of our healthcare staff and please review the information below to learn more about what you can expect before, during and after surgery.

Please read through this booklet thoroughly as it provides you with essential information for your surgery.
Pre-Admission

• The best preparation for surgery is a good nights sleep, followed by a substantial breakfast. However, if you are having a general anaesthetic you will be required to have no food or drink from the time specified by The Skin Hospital pre-admission nurse.

• To reduce the chances of infection, shower and wash your hair the night before or the morning of your surgery. Sleep in fresh night-wear and clean bed linen. Some patients may be asked to use special solution to wash their body or hair prior to the surgery.

• Do not wear make-up, hair spray, body lotion or perfume on the day of your surgery.

• Do not stop taking any of your prescription medication unless instructed by your surgeon.

• Discontinue vitamin and mineral therapy for at least two weeks prior to the surgery to reduce the risk of heavy bleeding during and post surgery eg. Fish Oil, Krill, Vitamin E, Ginko, Garlic & Ginger tablets.

• Leave anything of value, such as jewellery, at home. We cannot accept responsibility for the loss of valuables or money.

• Wear comfortable, loose-fitting clothes, such as a tracksuit, pants, a cardigan, a short-sleeved shirt or blouse. An old button up shirt is preferable. It is wise to bring a book or magazine to read.

• At home, please have Panadol or Panadeine for pain relief, and an ice-pack or pack of frozen peas to use to reduce bruising / swelling / bleeding. Be aware that Panadeine requires a script from your doctor or GP.

• Please arrange for a relative or friend to accompany you home, either by private transport or taxi. You must not go home on public transport or drive following your surgery. It is most important that you do not go home alone and that you have company / assistance overnight. If you decide to go home alone you will be required to sign a release form before surgery so you are aware you are taking on this responsibility for yourself.

Please ensure that you read and complete all sections on the front and back of the forms that have been sent to you. Please send the documents back to The Skin Hospital at least 5 days before your surgery.

During your consultation with your doctor, the process of the procedure, fees and expected outcome of the procedure will be discussed. Your doctor will provide you with paperwork to complete and will inform you of the date and time of your operation.
After arriving at The Skin Hospital, please proceed to reception and register. If you have not already completed a Patient Profile (admission form), you will be asked to do so. The reception staff will then show you to the waiting area.

**What to bring with you:**
- A list of your current prescribed medication
- Medicare card and/or DVA card
- Health Fund card
- Credit card, EFTPOS card, bank cheque or cash for payment
- Your eye glasses and case. If you wear contact lenses, you will not be able to wear them during the procedure, please bring your lens case for storage.
- Dentures, hearing aids and the containers to store them.
- Any mobility aids, such as walking sticks, or walking frames.

**Please arrive ahead of the arranged time**
- You will be asked to arrive 30 minutes before your scheduled theatre time to complete the admission process. It is important to be punctual to avoid delays or any inconvenience.
- Please note that although very rare, due to unforeseen circumstances the doctor could be delayed in surgery and there may be some waiting period before your procedure.

**For your comfort**
Patients have a designated recovery area with the following:
- Reclining lounge chairs so that patients may rest during the various stages of the procedure
- Magazines and television
- Light refreshments (sandwiches, biscuits, tea, coffee) are available for patients.

Free Wifi – iPad, Laptop and Phones can only be used in the waiting areas.
Mobile Phones
Mobile phones are not permitted in the operating theatre.

Interpreter Service
If the services of an interpreter are required, please contact us prior to your admission, so the necessary arrangements can be made. There may be a cost associated with this service.

Smoke-Free Environment
As legislated by NSW Health, smoking is prohibited in all areas within the day surgery. This includes all entrances and external areas.

Privacy Policy
The Skin Hospital complies with the requirement outlined by the Health Records and Information Privacy Act 2002 (NSW) (HRIP Act) which protects the privacy of health information in New South Wales and ensures security and privacy of an individual’s health information and promotes privacy and trust between patients and their healthcare providers.

If you would like a copy of our privacy policy or wish to make a privacy complaint, please contact:

Post: The Secretary
Level 3
7 Ashley Lane
Westmead NSW 2145
Phone: 02 8833 3000
Email: Secretary@skinhospital.edu.au

Parking
Darlinghurst
Parking is not available at the Darlinghurst facility and is very limited in the surrounding streets, as expected in the inner city area. A paid parking station is located at the back of the building on 70 Riley Street and offers an alternative for parking. This can be booked online the night before at www.wilsonparking.com.au

Westmead
Parking is very limited in the car park next to 7 Ashley Lane. Due to the restricted space, please follow the instructions from the parking attendant on duty, who may advise you to find parking elsewhere. Time restricted parking is available in adjacent streets and in and around Parramatta Park.
Our Fees

You may receive two accounts. The Day Surgery facility fee and doctors account will be generated by The Skin Hospital and is payable on admission when the item numbers have been confirmed by your surgeon. Your doctor will have discussed their fees with you during your consultation. You will be entitled to a small rebate from Medicare.

If you belong to a private health fund, the day surgery account will be sent directly to your health fund (with a completed claim form) and you will be required to pay any policy excess on admission. A member of the reception staff will advise you how much your policy excess is approximately one week prior to surgery. Some doctors charge a known gap for their fees kindly asked at reception if this is applicable to your doctor.

Cash, EFTPOS, credit cards (except Diners and American Express), bank cheques and money orders are acceptable forms of payment.

If you are having a procedure other than Mohs surgery and a specimen is sent to pathology, a separate account will be sent from the Pathology Department.
The Skin Hospital undertakes many different types of surgery. Your doctor will discuss the type of surgery that will be appropriate for your particular condition.

Types of surgery that maybe indicated are:

- General Excision Surgery for specific types of skin cancers and other lesion
- Mohs Micrographic Surgery – this is a highly specialised form of skin cancer surgery. See details below about Mohs.
- Plastic Reconstructive Surgery
- Oculoplastic Surgical Repairs
- Cosmetic Surgery

**General**

Your doctor will indicate the estimated duration of your specific surgery during your consultation.

**Mohs Surgery**

In regards to Mohs surgery, the removal of each layer of tissue takes approximately 1–2 hours. Only 20–30 minutes of that time is spent in the actual surgical procedure; the remaining time is needed for slide preparation and for the doctor to review the slides.

On average, 2–3 layers of tissue (called stages) will be removed prior to clearance of the cancer.

The whole process, including closure and repair of the wound, usually takes between 4–6 hours. Some difficult or larger cases may take even longer and may result in you being at The Skin Hospital for the whole day. Some Mohs surgery’s are repaired with plastic surgeons and oculoplastic surgeons. The Mohs and repair will be organised by the theatre booking staff and yourself at the time that it suits both surgeons.
What is Mohs Surgery?

Studies have shown that greater than 95% of all patients treated at The Skin Hospital by Mohs surgery are cured of cancer.

Mohs surgery is now universally recognised for the removal of skin cancer using microscopic control by a dermatologist trained in Mohs surgery.

The major advantage of Mohs surgery is that the tumour is completely removed with a high degree of precision with minimal loss of normal tissue.

The Skin Hospital is an internationally recognised and accredited Mohs surgery unit performing over 2,500 Mohs surgical cases per year and also trains a Mohs Fellow each year.

During Mohs surgery, multiple thin, horizontal layers of the cancer are removed and each layer is carefully identified and ‘mapped’ by the surgeon so that its exact location can be pinpointed on the wound.

This makes it ideal for treating skin cancers of the face and other cosmetically sensitive areas, as well as recurrent skin cancers.

Every layer of tissue removed is inspected under the microscope for evidence of cancer cells. As long as cancer cells remain anywhere within the specimen, the surgeon continues to remove and examine layers of tissue until no cancer cells are present.
After surgery you will be left with a surgical wound. This wound will have been repaired in one of the following ways:

1. Healing by spontaneous granulation i.e. allowing the wound to heal itself; this takes about 4–8 weeks and requires daily dressing changes.

2. Primary closure with stitches that remain in place for approximately 5–14 days.

3. Other skin closures, such as a skin graft, skin flaps, or reconstructive procedures.

4. Referral and reconstructive surgery by a plastic or oculoplastic surgeon.

Risks and Complications

All surgery carries risks and complications. These may include bruising, swelling, bleeding, infection, numbness, scarring, and skin tightening or stretching. Most of these problems will resolve with time, however you will always be left with a scar.

Swelling and bruising are very common, especially when surgery is performed around the eyes and nose. Swelling can be alleviated by keeping your head elevated for the first 48 hours and by using ice-packs regularly for the first 24 hours following surgery. If redness and pain don’t subside within two days, or if the wound begins to drain or discharge, you may have an infection and you should contact your doctor or The Skin Hospital.

Nerve damage can occur but is usually temporary. However, it can be permanent if the cancer is extensive and the nerve is involved. Scarring from the surgery usually settles well. Flaps and grafts take time to heal and improve significantly within 3–6 months. Sometimes the extent of skin cancer and the complexity of the wound may require a larger reconstruction, that may result in a more obvious scar.
What can I expect after the surgery?
Your post-operative care will be thoroughly explained to you by a nurse and you will also be given written instructions.

Pain
You will feel some discomfort after your surgery. We request that instead of taking aspirin or disprin, use Panadol or Panadeine for pain relief.

Bleeding
This occurs occasionally following surgery. If this should happen, the bleeding can be controlled by the use of pressure. Leave the dressing in place and apply pressure with a gauze or similar pad. You may support yourself against a couple of pillows in a semi-upright position and apply constant pressure over the bleeding site for 20 minutes.

Swelling
This is common around the surgical site. It can be minimised by applying ice packs (or frozen peas) on the area for 10 minutes, every hour for up to 24 hours after surgery.

Wound care
You will be given instructions on how to care for your wound after your surgery and arrangements will also be made for your sutures to be removed. Some patients will be asked to return to the Skin Hospital the day after surgery to have their wound checked.

Sporting activities/travel
Do not make arrangements for sporting activities or travel after your surgery as you will need to rest for at least one week to prevent post-operative complications. We also advise that you do not undertake strenuous exercise for at least one week or more after your sutures have been removed.
Post-Surgery After Care

Hygiene
By practising good hygiene, you can reduce the risk of getting sick or passing infections on to others in the day surgery.

What can you do to reduce the spread of germs?

• Wash your hands often;
  – when they are dirty
  – after sneezing or coughing
  – before and after handling food
  – after going to the toilet
  – after touching commonly used items

• Wipe down all frequently touched surfaces regularly as some germs can live on surfaces for several days.

• Cover your mouth and nose for coughs and sneezes as infectious droplets can remain in the air for some time.

• Discard used tissues immediately, and then wash your hands.

Preventing Falls
After your procedure, you may be more susceptible to falls.

To reduce your risk of falling:

• Ask about the likelihood of falling and your risk factors.

• Know what assistance you require and follow the instructions of the nurse. If you have been requested to get help, ring the nurse bell before moving about.

• Stand up slowly after lying down or sitting. Sit on the side of the bed for a few minutes before getting up to prevent dizziness. Take care when bending down, bend at knees only and steady yourself before walking.

• Wear comfortable, fitting, flat shoes that grip. Don’t walk around in socks or ill-fitting slippers.

• Use handrails, if available.

• Do not leave clothes or bags on the floor.

• Above all, be sensible and recognise your limitations while in hospital. Do things safely by following the nurses’ instructions.

• Bring walking aids with you.
Preventing Pressure Injuries
Pressure injuries are caused by unrelieved pressure that damages the skin and underlying tissue. People unable to move after surgery may get pressure injuries even after as little as 1-2 hours.

What can you do to reduce your risk of pressure injuries?
• Inspect your skin at least once a day for a break in the skin.
• Pay special attention to reddened areas on the skin that remain after you have changed positions.
• Change positions regularly – every two hours while in a bed and every hour while in a chair.
• Avoid contact with plastic surfaces such as plastic chairs.
• Avoid direct contact between bony prominences, use cushions.
• Avoid overheating your body.
• Use creams and ointments to protect the skin from moisture exposure.
• Use warm (not hot) water and mild soap when bathing/showering.
• Treat dry or flaky skin using barrier creams or oils.
• Eat a well balanced diet – protein and calories are very important.
• Drink plenty of water.

The Use of Antibiotics
The Skin Hospital follows the guidelines outlined in the National Safety and Quality Health Standards. One of those standards is preventing and controlling healthcare associated infections.

The Skin Hospital follows the guidelines to restrict the needless use of antibiotics in all its surgical cases.

Don’t be surprised if you do not receive routine antibiotics before or after your surgery. However, it is recognised that there is a group of patients who, due to their current illness or health status, may need antibiotics. They will be treated accordingly.

It is important to know that the Standard is aimed at limiting antimicrobial therapy – not to deny therapy.
Discharge

Our staff will advise you on your estimated discharge time. Please arrange for a relative or friend to accompany you either by private transport or taxi.

You must not go home on public transport or drive following your surgery.

It is also important that you DO NOT go home alone and that you have the assistance of a responsible adult overnight.

Recovering at Home

Once you arrive home:

- You should rest for at least 12–24 hours.
- Do not drive a motor vehicle for 24 hours after surgery.
- Avoid operating complex or dangerous machinery, or doing anything that requires you to be alert and coordinated for 24 hours after surgery.
- A nurse will contact you the next day to check on your progress.
- Contact your doctor if you have any concerns.

Compliments/Feedback

We welcome compliments and feedback relating to your surgery. This can be done by completing a feedback survey or by writing a letter to our Director of Nursing at the applicable location. The Skin Hospital also conducts a patient focus group that meets twice a year. Please let reception know if you are interested in participating in this group.

If you have any concerns about your care we encourage you to resolve it at the time, whilst at the day surgery. Should you feel that the matter requires independent hearing, please write to:

The Commissioner
Health Care Complaints Commission
Locked Mail Bag 18
STRAWBERRY HILLS NSW 2012
Continuing our Work

Education and Research are two areas that are a major focus for The Skin Hospital. The Hospital has a strong history of research and is committed to continuing its vital work in this area by supporting a wide scope of research including clinical trials, in-house projects, case studies and collaborative research projects.

It is through research and education that we can continue to unlock the secrets of skin disease and skin cancer, whilst ensuring the future for the next generation of dermatologists and the patients in their care.

To ensure this vital work continues, we are seeking your support. Donations help fund a number of important initiatives including research trials for skin diseases, education programs for the public and healthcare professionals, as well as the purchase of vital medical equipment to treat our patients and train the next generation of dermatologists.

A donation can be provided to the Foundation in the following ways:

• One off donation
• Regular Giving
• Workplace Giving (please speak to your company)
• Bequest

All donations are greatly appreciated and will help us to continue our fight against skin disease and skin cancer.

If you would like to donate please go to www.skinhospital.com.au/donate or speak with our Nurses or reception staff for alternative ways to donate.
Australian Charter of Health Care Rights

The Australian Charter of Healthcare Rights describes the rights of patients and other people using the Australian health system. These rights are essential to make sure that, wherever and whenever care is provided, it is of high quality and is safe. The Charter recognises that people receiving care and people providing care all have important parts to play in achieving healthcare rights. The Charter allows patients, consumers, families, carers and services providing health care to share an understanding of the rights of people receiving health care. This helps everyone to work together towards a safe and high quality health system. A genuine partnership between patients, consumers and providers is important so that everyone achieves the best possible outcomes.

Guiding Principles

These three principles describe how this Charter applies in the Australian health system.

1. Everyone has the right to be able to access health care and this right is essential for the Charter to be meaningful.
2. The Australian Government commits to international agreements about human rights which recognise everyone’s right to have the highest possible standard of physical and mental health.
3. Australia is a society made up of people with different cultures and ways of life, and the Charter acknowledges and respects these differences.

For further information go to safetyandquality.gov.au

What can I expect from the Australian health system?

<table>
<thead>
<tr>
<th>My rights</th>
<th>What this means</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access</strong></td>
<td>I have a right to health care.</td>
</tr>
<tr>
<td><strong>Safety</strong></td>
<td>I have a right to receive safe and high quality care.</td>
</tr>
<tr>
<td><strong>Respect</strong></td>
<td>I have a right to be shown respect, dignity and consideration.</td>
</tr>
<tr>
<td><strong>Communication</strong></td>
<td>I have a right to be informed about services, treatment, options and costs in a clear and open way.</td>
</tr>
<tr>
<td><strong>Participation</strong></td>
<td>I have a right to be included in decisions and choices about my care.</td>
</tr>
<tr>
<td><strong>Privacy</strong></td>
<td>I have a right to privacy and confidentiality of my personal information.</td>
</tr>
<tr>
<td><strong>Comment</strong></td>
<td>I have a right to comment on my care and to have my concerns addressed.</td>
</tr>
</tbody>
</table>
The Skin Hospital is affiliated with the Australasian College of Dermatologists, the University of Sydney, the University of New South Wales, St Vincent’s Hospital, Westmead Hospital and the Children’s Hospital, Westmead.