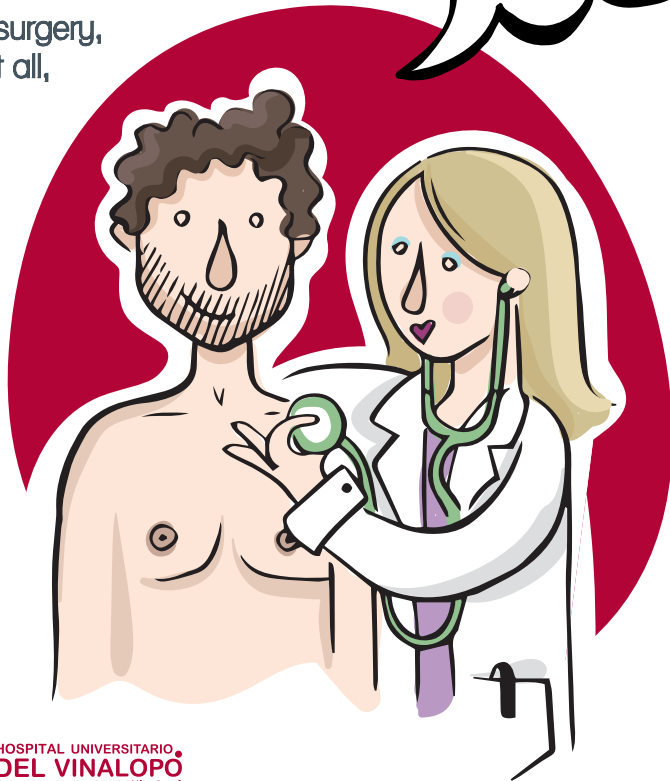


# Talk to us\*

\*Before, during and after surgery,  
if you have any queries at all,  
be sure to **ask us**.



ribera salud grupo



HOSPITAL UNIVERSITARIO  
**DEL VINALOPÓ**  
Departamento de salud del **Vinalopó**

## I've been told I need to have an operation

Your doctor will explain everything about your intervention and ask you to sign an **informed consent form**. Take the time to read it thoroughly. **It should give:** your name, the type of surgery, the risks associated with it, and a statement that you have discussed the surgery with your doctor and he/she has clarified all your doubts or concerns. Make sure that all the details on the form are correct and there are no other queries to clear up with your doctor. **If there is anything you don't understand, please ask.**

## I need to get ready for surgery

Ask your doctor: **What medicines (whether prescription or over-the-counter) should I NOT take before surgery?**

It is very important not to eat anything at all, including chewing gum or sweets, in the 8 hours before surgery. In addition, you should not drink any liquids for 6 hours before surgery. One of our healthcare professionals will call you on the day before surgery to reconfirm it and remind you of the recommendations you should follow.

## Don't come on your own!

Ask someone to bring you to the hospital and pick you up afterwards, and even to stay with you in the hospital if necessary. This person can help to ensure you receive the care you need for your comfort and safety.

## Before leaving home

Have a shower or bath, wash your hair, and remove any make-up, nail polish and acrylic nails. **The nursing staff need to be able to see your skin and nails to check on blood circulation.** You should also leave behind all rings, piercings, bracelets and other jewellery/adornments. Remove contact lenses, if you wear them, and bring glasses instead. If you use a dental or hearing prosthesis or a hearing aid you can bring them, and they will be removed just before surgery. We will look after them for you and return them later on. If you use a stick or walker, bring it/them along too.

## We might be a little insistent, but it's for your own safety

As a security measure we might ask you a lot of repetitive questions such as: What is your name? When were you born? Do you have any allergies? What part of your body is being operated on? Moreover, if your arm or your leg is to be operated on, we will provide you with a stamp so you can mark it yourself with an "OK" and the surgeon will confirm it by adding his/her initials. **All of these measures are to guarantee the utmost security.**

## Before entering the surgical area

You need to go to the Reception desk to show your health card and photo ID. You will be given an individual code number and you can decide who you want to give the number to. By entering this code number in the digital screen in the waiting area, **we can keep your family updated** about your location and progress within the different surgical departments.

## Post-surgery

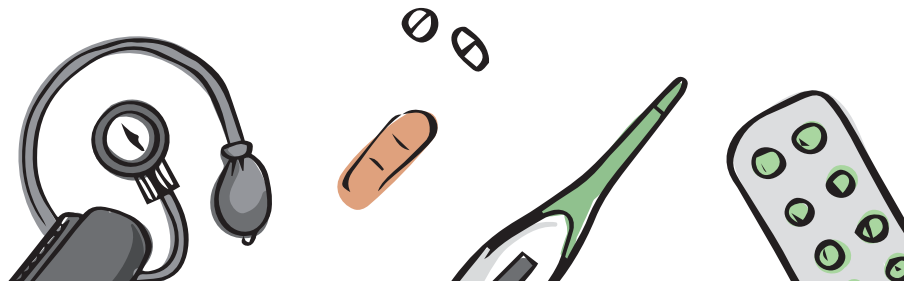
We certainly don't want you to feel any pain, so if you do, please let us know straight away. Our healthcare professionals will ask you to rate the level of pain on a scale of one to ten.

### If you have any questions, don't hesitate to ask

Ask us anything you like; we're here to keep you informed, guarantee your safety and give you the peace of mind you need at all times.

Before you go home, we will give you a **contact number** so you can call us if you have any concerns. Our nursing professionals will take your phone call/s and provide all the information you need.

The day after surgery, if you don't have an appointment with your specialist, **a nurse will call you to check on your state of health and answer any questions** you may have. At the same time, we will ask you to complete a survey to help us continue improving our service.



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## Let us know if you can't come

If for any reason you can't come to the hospital on the date that surgery is planned, please let us know as soon as possible by calling one of the numbers below. Another patient will benefit from your courtesy.

**Main switchboard:** 966 679 800

**Day Hospital:** 966 679 847