

Day Surgery



apples
+sense
INSPIRING HEALTH
Comprehensive medical centre

PATIENT INFORMATION

Introduction

Apples and Sense Day Surgery Unit provides a friendly, caring and comfortable environment for certain operations and procedures that do not require an overnight or extended stay. The surgical procedures include ENT, dental, general surgery, laparoscopic surgery, gynaecology, orthopaedic, paediatric, urology, plastics and cosmetic surgery.

Day surgery is a modern concept made possible through new anaesthetic and surgical techniques, reducing your hospital visit to one day or just hours. The highest quality care is maintained by our team of dedicated and experienced surgeons, anaesthetists, and nurses.

Most surgical procedures carried out are minimally invasive and lessen patient trauma for faster recovery and healing enabling the patient to go home the same day.

Day surgery effectively reduces anxiety normally associated with undergoing surgical procedures and it is the ideal way to avoid disruption at your work or home.

The style of accommodation has been specifically designed with a short stay in mind. However, if the need arises for you to remain in hospital overnight, you will be transferred to hospital of your choice.

We are open Monday to Saturday 8am to 5pm. (closed Sunday and public holidays)

Prior to your admission

Payment for the Procedure

1. Health Insurance

Please contact your insurance to confirm your level of cover and whether you have an excess, copayment or exclusion on your policy. In the event that you do have an excess or copayment, these will be payable at the time of your admission.

Day surgery procedures will need a pre-authorisation, and this should be in place prior to the surgery, otherwise cash will need to be paid for the procedure and then claim back by yourself from your insurance company.

For insurance companies that we are empaneled with, we can make claims for hospitalisation directly with your insurance company. Depending on your insurance cover, some ancillary items may be charged as a separate bill. You may receive a separate bill for charges such as:

- Doctors involved in your hospital care (surgeons, anaesthetists, specialist physicians)
- Pathology
- Radiology
- Physiotherapy
- Pharmacy

Depending on your level of cover with your insurance company these items may or may not be covered by the pre-authorisation issued by the insurance company.

2. Cash paying patients

Patients paying privately will be required to pay the 70% of the estimated cost of hospitalisation on admission. It is therefore necessary for you to contact Reception or your Surgeon for an estimate prior to your admission. On discharge, you will be directed to the Reception desk to finalise your account. All fees for doctors, diagnostic services, pharmacy and other ancillary services will be billed separately.

Before Surgery

- Bathe or shower
- Wear loose, comfortable clothing
- Do not wear makeup or jewelry, other than a wedding ring
- Do not have anything to eat or drink six (6) hours prior to surgery this includes water
- Not smoke or drink alcohol TWENTY FOUR (24) hours prior to admission

If you are taking medications and are unsure about whether to continue these, please check with your surgeon or give us a call to verify this with your surgeon.

Please bring the following with you:

- Current medication (in their original containers)
- Relevant x-rays, scans or test results
- Glasses, hearing or other aids
- Smart card (if applicable), ID card, visa card or cash
- Names and contact details of the next of kin or a contact person

If you have any questions regarding your procedure and brief stay in our day surgery, please contact our reception on +254 733 945 717.

Your admission

When you arrive at the day surgery, you will need to report to the Reception Desk.

To enable staff to prepare you adequately for your procedure and to allow time for an anaesthetic consultation, there may be a waiting time of approximately one hour between your admission and procedure time. We therefore ask that you to report one hour before the scheduled procedure time.

Due to limited space within the Day Surgery Unit, only ONE relative/person is to accompany you to this area. This person may stay with you until you go to the operating theatre. Any other relatives/people accompanying you will be asked to wait in the waiting area outside the Day Surgery Unit.

Preparation

To ensure your stay with us is as comfortable and pleasant as possible, please read the following information carefully.

- 1.** Once you are done with your admission registration, the receptionist will take you to the theatre, and the theatre nurse will verify all the documentation is correct.
- 2.** The nurse will then ask you to change into the provided theatre shoes and take you to admission room. She will provide a gown for you/your child to put on.
- 3.** A patient locker will be provided for your clothes. Valuables should not be brought into the hospital (including jewelry).
- 4.** The theatre nurse will take your vital signs, weight, and your medical history. You will be required to fill the following forms:
 - Allergy declaration form
 - Consent form
 - Admission assessment form (patient history).

Valuables

Hospital cannot accept responsibility for loss or damage to any personal items or valuables retained in your care. This includes jewelry, cash, credit cards, cheque books etc.

We recommend that, where possible, you consider leaving items of value at home.

Post-surgery

After your procedure you will be taken to the recovery area. During this time, our nursing staff will continually monitor your progress and comfort. Your length of stay in the recovery area will depend on your operative procedure. Usually patients are discharged between two (2) and four (4) hours after treatment.

Discharge

Before you leave the Hospital, our staff will give you full instructions about any dressings, medications and follow-up appointments required.

Please stop at Reception to be discharged and to finalise your billing account. If you have had general anaesthesia or sedation you will be unable to drive home, so please make arrangements for a responsible adult to drive you home.

For the first twenty-four (24) hours, if you have been given any form of sedation, it is important that you.

DO NOT:

- Drive a car
- Drink alcohol

If you are taking any regular medications you should discuss this with your doctor.

Once you are home

Depending on the surgery performed, some patients may experience certain sensations including: pain, nausea, sore throat, muscle pain and a disturbed ability to concentrate. These are normal side effects and the nurses/doctor will have explained to you how to deal with these.

If you experience any other problems such as:

Increase in the amount of bleeding on the dressing;

- Increase in the amount of pain in your wound after the obvious initial discomfort
- Increase in the amount of redness or swelling, an unpleasant

Please call the Day Surgery Unit on +254 739 346 815 or +254 733 945 717 or contact your doctor immediately. If after office hours, please contact your nearest hospital.

Parking

There is allocated parking for patients and visitors for the medical facility in the basement of the building.

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