



NORTH YORK GENERAL

Surgery Instructions – North York General Hospital Under the care of Dr. Jalil

Your upcoming procedure has been scheduled at:

North York General Hospital
4001 Leslie Street
Toronto, ON M2K 1E1
Day Surgery Unit – 1st Floor

You will receive your confirmed surgery time approximately one week before the procedure by phone or email from our office.

On the day of surgery, please check in with your Health Card at DAY SURGERY – Patient Registration on the 1st Floor.

Plan to arrive 1.5 hours prior to your scheduled surgical time.

Please review the following information carefully.

Before Your Operation

1. Health Status

Notify our office immediately if you develop:

- Fever
- Cold or flu symptoms
- Any new infection or illness

2. Medications to Avoid: Advil Aspirin ASA Percodan Ibuprofen

Do not take Aspirin or medications containing Aspirin for two weeks before surgery, as these increase bleeding risk.

Common medications to avoid include:

Aspirin, ASA, Advil, Ibuprofen, Percodan, Robaxisal

If pain relief is needed, Tylenol (Acetaminophen) is safe to use.

Please also discontinue Vitamin E and all naturopathic / herbal supplements for two weeks prior, as many interfere with clotting or healing.

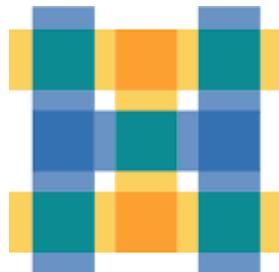
Examples: arnica, ginseng, ginkgo biloba, garlic supplements, flax oil, echinacea, St. John's wort.

3. Hygiene

Shower and wash thoroughly:

- The night before surgery
- Again on the morning of your procedure

4. Fasting



NORTH YORK GENERAL

Do not eat or drink anything after midnight before your surgery.

5. What to Bring and Wear

- Wear loose, comfortable clothing
- Leave all valuables and jewellery at home
- Do not wear nail polish, makeup, or moisturizer on the day of surgery

Breast surgery patients:

Please bring a comfortable cotton sports bra, which may be used as part of your dressing.

If prescribed compression stockings:

Wear them to the hospital.

Returning Home After Surgery

A responsible adult must accompany you home, even if traveling by taxi.

1. First Night

Someone must stay with you overnight.

2. Medications

Resume your regular medications unless instructed otherwise. Follow the directions on each prescription bottle.

3. Post-Operative Instructions

Refer to your specific Post-Operative Instruction Sheet for detailed guidelines regarding:

- Pain control
- Dressings
- Drains (if applicable)
- Activity restrictions
- Wound care

4. No Smoking

Avoid all nicotine products, as smoking significantly delays healing and increases complication risk.

5. Physical Activity

Unless otherwise directed:

- Avoid strenuous exercise, heavy lifting, or vigorous activity for at least 4 weeks
- Gradually increase activity thereafter as tolerated

6. Driving & Cognitive Tasks

It is normal to feel tired, dizzy, or groggy after anesthesia.

Do not drive, operate machinery, or engage in tasks requiring focus or judgment for:

- At least 24 hours, and
- Until you are comfortable, alert, and not distracted by pain
(This often means 2-3 weeks before safely resuming driving.)



7. When to Seek Help

Contact us urgently if you experience:

- Rapid swelling or sudden increase in size of the surgical area
- Significant bleeding
- Fever above 38°C, especially if accompanied by pain

North York General Hospital Locating: 416-756-6002

Ask for the on-call surgeon to page Dr. Jalil.

If you cannot reach us and are concerned, go directly to the nearest emergency department.