**Discharge**

Patients discharge is planned for the morning following the surgical date.

Discharge time is 07:00 am, or as instructed by your nurse

**Patients being discharged home:**

Please ensure that you have arranged for a responsible adult to drive you home.

Your nurse will give you instructions to help you with your continued recovery at home.

If you do not meet the discharge criteria, your nurse and physician team will arrange for you to continue your surgical recovery at the hospital.

**For patients being transferred to the Holland Campus for continued care:**

Some patients who have had back surgery will spend the first night after their operation in the SSSU. The next day, they will be transferred by ambulance to the Holland Centre as part of their recovery plan of care, as discussed with the surgeon prior to surgery.

**After Discharge:**

A nurse from the SSSU will contact you within 72 hours of your discharge to check on your progress and answer any questions you might have.

If you have further concerns regarding your health, the best person to contact is your family doctor or surgeon.
The Surgical Short Stay Unit (SSSU)

The SSSU is designed for patients undergoing selected procedures who will require an overnight stay at Sunnybrook Health Sciences Centre.

This brochure will provide you and your caregiver with additional information to help you prepare for your surgery and your stay in the SSSU.

Please refer to the booklet entitled "All You Need To Know To Prepare For Your Surgery", given to you in the Pre-Admission Clinic. It is helpful if you bring the booklet with you on the day of your surgery.

The Day Before your Surgery

It is important that you are confirmed to attend your surgery. The last business day before your scheduled surgery, a Patient Administrative Assistant will contact you between 1:00pm and 3:00pm. You will be told the time to arrive at the hospital, and the approximate time of your surgery.

At this time, you will be reminded that you MUST have a responsible adult drive you home. If not, your admission may be postponed until you can arrange for one.

The Day of Surgery

On the day of surgery go to the Surgical Services Registration area, room MG502. Please arrive on time and bring your identification with you.

Please bring only one companion with you, as space is limited. Your companion will be responsible for your belongings while you are in surgery. Updates on your condition will be provided by the Surgical Liaison Nurse, or a volunteer.

Your Recovery in the SSSU

Your visitor will be able to see you and give you your belongings once you have settled into your post-operative bed.

Please note that this is an open ward concept unit, with both male and female patients. There are no private rooms available. In order to ensure a quiet environment for patients, visitors are limited and restricted to hospital visiting hours which end at 8:30pm.

There is a plan of care developed for your procedure. The hospital team will use this plan to manage your post-operative care and prepare you for your discharge.

The nurses are specialized to take care of post-operative patients. They will follow the doctor’s orders, continue to assess your progress and ensure that you receive the care required in order to safely discharge you from the hospital.