

MOS >>>>

MAJOR OUTPATIENT SURGERY UNIT



GP GRUPO
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WELCOME

Welcome to the Major Outpatient Surgery Unit (CMA for its acronym in Spanish and hereinafter referred to as MOS).

The unit allows the patient to be treated safely and efficiently without the need for hospitalisation and the use of a hospital bed and returning the patient home as soon as possible while maintaining the quality of the surgical procedure.

During your short hospital stay, you will always be cared for by nursing professionals, highly qualified in providing the best post-operative care, ensuring a safe and satisfying care in your home.

If, for any reason, the patient should require further care after the procedure, the patient will be admitted for as long as necessary until complete recovery.

In this document, you will find general information to facilitate your incorporation as a user of the MOS.

Compliance with these recommendations impacts the smooth running of the unit and the health of all our patients.

We hope that your stay with us will be as comfortable as possible. To achieve this, we put all our resources at your disposal.



GENERAL RECOMMENDATIONS

To ensure the best possible service and care, there are basic rules that should be respected by patients and visitors alike.

Family members and accompanying persons do not have access to the surgery room.



Please use the waiting room which is at your disposal during the procedure.

Maintain a soft tone of voice and control the volume of mobile phones.



Do not bring valuables. Policlínica Nuestra Señora del Rosario will not be held responsible for their loss in any case.

Smoking is forbidden in all the hospital precinct.



It is not permitted to bring food or beverage to patients as it may interfere with the diet prescribed by the doctor.

Patients may receive visitors following the internal rules of the hospital. If necessary, access for family members and accompanying persons may be restricted.



Cooperate with the staff in everything they tell you for the proper functioning of the service.



Recommendations before the procedure

A photograph of a modern operating room. In the foreground, a surgical table is covered with a teal cloth and has a white pillow. Above the table, a large surgical light fixture with four circular lamps is illuminated. The room has large windows in the background, letting in natural light. The overall atmosphere is clean and professional.

- ▶ Remember that **you must come with an identification document** (DNI, Passport, Driving License...) and **your Insurance Company Card / Health Card** (Ib-Salut).

- ▶ Do not consume toxics such as alcohol or drugs. It is recommended not to smoke 24 hours before surgery (preferably one week before to reduce postoperative risks).

Do not take medications such as: multivitamins. Herbal or stimulants before surgery.

- ▶ Fasting: You must not eat anything solid for 6 hours before surgery. You may drink clear liquids (water, herbal teas/tea with water only, black coffee without milk) up to 2 hours before surgery.

- ▶ If you take medication, that day you should take only what is indicated with a sip of water, as indicated by the anaesthetist during the consultation.

- ▶ You must always be accompanied by a single adult family member or friend. Remember that you must be accompanied 24 hours after your surgery.

- ▶ On the day of surgery or the night before, take a shower following the specific hygiene instructions on page 7.

- ▶ You must come without make up, nail polish, moisturiser, contact lenses or metal objects (earrings, rings, piercings, watches, etc.).

- ▶ On the day of the intervention you must bring all your usual medication.

- ▶ Your primary care doctor (IB-SALUT) will manage sick leave if applicable

DAY OF THE SURGERY

Hospital admission

You must come at the time indicated by our Patient Care department for the intervention.

If you have any questions during your admission, you will have a responsible nurse who will help you at all times.

At Policlínica Nuestra Señora del Rosario: access will be through the main reception; Once there, you must wait to be attended to by the Patient Care department.

If your surgery is at Clínica Vila Parc, access will be through the Emergency reception (Ground Floor 0).

The time of surgery is a guideline, as the duration and complexity of each process can change.

Procedure finalisation

Upon finalising the procedure, the surgeon will inform your relatives of the outcome of the surgery. In the meanwhile, you will be taken to the Post Anaesthesia Recovery Unit (PACU), inside the surgery room.

Once the necessary time has elapsed, you will be transferred to your assigned room.

Hospital discharge

If you meet all the criteria for hospital discharge, you will be able to return home after a few hours.

You will be given a medical report, recommendations to follow at home, medical prescriptions (if necessary) and appointments with a nurse and specialist.

The following day, if required, the nurse in charge of the CMA Unit will contact you for a telephone consultation.



HYGIENE:

- ▶ Moisten the skin of the face and wash it with chlorhexidine or neutral soap, especially around the nose.
- ▶ Then wet the skin of the body, and then, with a clean sponge with chlorhexidine, rinse from top to bottom, with emphasis on the armpits, navel, between the fingers and under the nails, groin, genitals and buttocks. Leave the soap on for 3 minutes, then rinse with water.
- ▶ Then repeat the same steps again to wash the face and body, this time starting with the hair.
- ▶ After the second washing, shave the hair (if the doctor has specified it) in the area to be treated. Preferably with a razor (if you do not have a shaver).
- ▶ Finally, you will wash again. Afterwards, dry your body with a clean towel and put on clean clothes (no make-up, colognes, lotions, deodorants, creams or other moisturising skin products).

QUESTIONS

Before the procedure

Should you have any questions before the procedure, you can book a phone appointment with the MOS nurse calling our appointment number:

+34 971 302 354



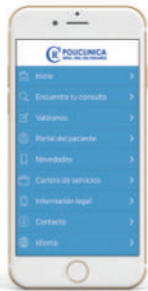
During home recovery

There is a 24/7 telephone number that you can ring.

+34 971 301 916



Grupo Policlínica
always by your side.



APP GRUPO POLICLÍNICA:Download our app on your mobile phone, where you can access the patient portal and other information of interest such as news, consultations, specialists, etc...
Valid for Android and Apple.
Look in your download centre by "Grupo Policlínica"

PORTAL DEL PACIENTE:You can access your data such as reports or blood tests on the patient portal, where you can also make or cancel medical appointments.

Access from our APP or from our website:
<https://portalpaciente.grupopoliclinica.es>



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