Lions Gate Hospital

ORTHOPAEDIC TRAUMA OUTPATIENT SURGERY PROGRAM

You have been diagnosed with an orthopaedic condition that requires expedited surgery. The surgery will be performed through the ***Orthopaedic Trauma Outpatient Surgery Program*** at Lions Gate Hospital in North Vancouver. Lions Gate Hospital is the designated Trauma Centre for the Coastal Health Region. The Orthopaedic Trauma Team consists of 10 surgeons with a broad range of subspecialty training and trauma experience. Your case has been reviewed by the Team. We will ensure that you receive the most appropriate and timely care. The Team will prioritize patients based on surgical urgency. Due to the high volume of cases managed by the Team, you may need to wait several days before your surgery.

Outpatient surgery expedites your procedure to be performed without the need for hospital admission. This pamphlet explains important details and preparations that are necessary to optimize your experience before, during, and after your surgery.

CAREFULLY READ THE FOLLOWING

PRIOR TO YOUR SURGERY

- The operating room administration has your contact information. All patients awaiting surgery will be contacted around 8pm each evening for an update. If your surgery is scheduled for the following day, you will be told when to arrive for registration.
- If you have not been contacted within 48 hours of your injury, please call the operating room control desk directly at **604-995-9755**.
- Unless you are advised otherwise, you should not eat or drink after midnight prior to your surgery date.
- You must arrange for a responsible adult to accompany you to the hospital and on your return home.
- Rest and elevate the affected limb to help reduce swelling.
- ***Seek medical attention or return to the Emergency Department if you develop intolerable symptoms of pain, swelling, or numbness.***

ON THE DAY OF SURGERY

- After **Patient Registration**, you will be directed to the **Surgical Care Centre** where a nurse will guide you through the preoperative process. Be prepared to review your medical/surgical history and to list all your medications and allergies.
- You will be assessed by the anesthesiologist.
- You will be assessed by a surgeon from the Orthopaedic Trauma Team. They will review the details of the surgical procedure and your postoperative recovery plan.
- If there is an unexpected delay or postponement of your surgery, your procedure will be rescheduled as soon as possible.
- ***If you are not insured under BC MSP (Medical Services Plan), then you will be required to provide proof of other valid medical insurance, or else pay for your services (for example, with a credit card).***

AFTER YOUR SURGERY

- You should expect to spend several hours recovering from your surgery before being discharged from the hospital.
- You will be given important written instructions regarding activity and weight bearing restrictions, wound and dressing care, and follow-up visits. If necessary, please ask for clarification and be sure to follow these instructions carefully.
- Contact the surgeon's office at your earliest convenience to schedule your follow-up visit (see next page for contact information). Follow-up visits may take place at either Lions Gate Hospital or the Whistler Health Care Centre. Please advise the office of your preferred location.
- If you have any other concerns, please contact the surgeon's office. ***If you have an urgent problem, you should seek immediate medical attention or go to your nearest Emergency Department.***

Important Contact Information

ORTHOPAEDIC TRAUMA TEAM

SURGEON	PHONE	FAX	EMAIL
Dr. Victor Jando	604-984-0044	604-980-5770	info.vj@pacificortho.ca
Dr. Brian (Vu) Le	604-200-2041	604-630-7060	info.le@pacificortho.ca
Dr. Jeremy Loh	604-980-0535	604-980-0536	info.loh@pacificortho.ca
Dr. Mark McConkey	604-985-1224	604-914-2517	info.mcconkey@pacificortho.ca
Dr. Richard Nadeau	604-210-8743	604-914-2520	info.nadeau@pacificortho.ca
Dr. Kostas Panagiotopoulos	604-983-0699	604-980-5750	info.kp@pacificortho.ca
Dr. Shannon Samler	604-770-0312	604-914-2519	drshannonsamler@gmail.com
Dr. Adam Sidky	604-980-8600	604-980-8688	info.sidky@pacificortho.ca
Dr. Peter Zarkadas	604-980-5779	604-980-5752	zarkadas@pacificortho.ca

LIONS GATE HOSPITAL

Address:
231 – 15th Street East
North Vancouver, BC V7L 2L7

- South Tower
  - The hospital's South Tower main entrance and atrium are accessed via 15th Street. There is an information desk in the atrium.
  - **Patient Registration** is located on the main level of the atrium and is open during daytime hours.
  - ***NOTE***: If you arrive after-hours or on a weekend, then you must enter and register through the **Emergency Department**
- Paul Meyers Tower (PMT) - **The Operating Room** and **Surgical Care Centre** are located on the 2nd floor of the PMT.

Lions Gate Hospital Google Map

WHISTLER HEALTH CARE CENTRE

Address:
4380 Lorimer Road
Whistler, BC V8E 1A7

- The Fracture Clinic and Patient Registration are located inside the main entrance.

Whistler Health Care Centre Google Map