

# YOUR SURGICAL JOURNEY

# WITH US



YOU CAN SCAN THE QR CODE TO LEARN MORE!



## **PACE CLINIC @ B2**

Your journey begins at the Pre-Admission-Consultation & Evaluation Clinic (PACE), where doctors, nurses, and financial counsellors work together to prepare you for your surgery.



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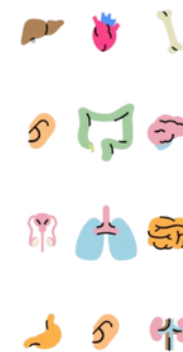
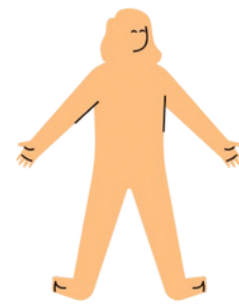
## **PREPARE FOR YOUR SURGERY AT HOME**

Proper nutrition, sufficient physical activity, and potential pre-medication at home can enhance the likelihood of better outcomes for your surgery.



## **PRE-SURGERY ADMISSION**

You may be required to be admitted a few days before your planned surgery for monitoring, pre-medication, and preparation.



## **IT'S YOUR BIG DAY!**

It is your big day! Your surgeons and their team will carry out your planned surgery. You will need to fast.



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## **BACK TO THE WARD AND NOW PAIN?**

Pain is common after surgery. Your doctors and nurses will ensure that you remain pain-free as you recover in the ward.

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## **PHYSIOTHERAPY AND NUTRITION**

Physiotherapy and nutritional goals are important to ensure your body can recover well and return to its pre-surgery state.

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## **NEW WOUNDS AND NEW BEGINNINGS**

Surgical wounds are common and will be your new norm for a while. Learn more by scanning the QR code.

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## **WHAT'S THIS ON ME?**

Surgical drains are common after surgery, as your body needs time to heal. Scan the QR code to learn more.



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## **PREPARING YOU AND YOUR FAMILY FOR HOME**

Ensuring that you and your family can manage your needs after surgery is important. Your healthcare team will prepare you thoroughly before you return home.

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## **COMPLETE YOUR RECOVERY AT HOME**

Welcome back home, but your journey is not yet complete. You will need to continue your recovery at home by maintaining a healthy diet and staying active. Your follow-up appointments are extremely important, be sure to go for them!



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

Department of TTSH Ward IIA  
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