



Swiss
Paraplegic
Centre

The
most important
information
about your
operation

Outpatient operation

A warm welcome
to the Swiss
Paraplegic Centre

Contact information specialist secretariats

Affiliated doctors

ENT, operation planning, plastic surgery, visceral surgery, dentist

Monday to Friday: 8 am – 4 pm

+41 41 939 60 00

opdispo@paraplegie.ch

Neurourology

Monday to Friday: 7:30 am – 12 pm and 1:30 pm – 4:30 pm

+41 41 939 59 22

urologie.spz@paraplegie.ch

Centre for Upper Extremities, Hands and Shoulders

Monday to Friday: 8 am – 12 pm and 1:30 pm – 5 pm

+41 41 939 52 00

hch.spz@paraplegie.ch

Back Medicine & Orthopaedics

Monday to Friday: 8:30 am – 11:30 am and 1:30 pm – 4 pm

+41 41 939 57 88

wirbelsaeulenchirurgie@paraplegie.ch

Centre for Pain Medicine

Monday to Thursday: 8 am – 12:30 pm and 1:30 pm – 4:30 pm

Friday: 8 am – 12:30 pm and 1:30 pm – 4 pm

+41 41 939 49 00

zsm@paraplegie.ch

A warm welcome

Your doctor has booked you in for an outpatient operation. We are pleased that you have chosen us, and thank you for your trust.

Our employees do their best to ensure that you always feel safe and in good hands with us. You will find the most important information about your day here and the outpatient treatment in this brochure.

We will of course be happy to help you if you have any questions.

Before the operation

Anaesthesia consultation

You will be invited to an anaesthesia consultation before the operation. Before you are admitted, we will discuss the most suitable procedure for you as well as the anaesthesia procedure and answer any questions you may have. If you have received an information sheet on the anaesthesia procedures, please complete the form and bring it with you to the anaesthesia consultation. The doctor will be happy to answer any questions at the scheduled informational consultation for anaesthesia.

If the consultation is scheduled by phone, please read the questionnaire before the consultation, fill it in and bring it with you to the meeting. We will then ask you to send us the questionnaire signed.

Please note the following:

- Tell your doctor or your anaesthetist about any sudden onset of feverish illness, cold, cough, open/infected wounds, injuries or sore throat, etc.
- Please report any artificial, loose or damaged teeth to the anaesthesia team. Any dentures must be removed before each operation.

- If you take blood-thinning medications such as Xarelto, Eliquis, Lixiana, Pradaxa, Marcoumar, Plavix, Clexane, Brilique, Heparin, Fragmin or Fraxiparine, please contact the anaesthesia team.
- Please inform the anaesthesia team if you wear contact lenses.
- If you have any questions or are unclear about your anaesthesia, please contact our anaesthesia team: +41 41 939 69 44

Admission time

You will receive an invitation from the specialist secretariat with the respective admission time or informing you to call to find out your exact admission time on the last working day before the operation. If you have any questions about admission time or admission date, please contact the relevant specialist secretariat. You can find the respective contact information on the second page.

Arrival at the SPC

When you arrive, report to Patient Reception. If your admission date falls on a Sunday or before 7:30 am, please contact the Information desk in the entrance hall.

Information



Clothing

For your well-being, we recommend that you wear comfortable clothing and non-slip shoes.

Mobile phones, necklaces and bracelets with magnets

Mobile phones as well as necklaces and bracelets with magnets may cause electrical interference fields during examinations.

Personal valuables

We recommend that you do not take any valuables and only the bare essentials with you. We cannot accept any liability for stolen or lost items. Please also note the checklist for admission to hospital.

Preparing for the operation

Medication

Take prescribed medication on the day of the operation, as discussed with your anaesthetist. Please bring all medications that you regularly take in the original packaging together with the medication card with you.

If you are unsure, please contact the anaesthesia team.

Food and drink

Please come with an empty stomach. This means that you may eat and drink up to six hours before the operation. After that, you may still drink clear liquid beverages, such as tea, coffee without milk, juices without pulp, unsweetened drinks and water (sparkling or still). You must also refrain from drinking or smoking two hours

before the operation. Exception: Prescribed medication with a sip of water is allowed.

Hygiene

For hygienic reasons, take a shower or wash in the morning before admission. Do not use body cream or make-up on the morning of the operation and remove nail polish or gel nail polish from at least one fingernail. Please do not shave or remove hair from the operation area.

Jewellery

Any jewellery must be removed for the operation – this also applies for piercings. It is best to leave them at home.

The operation

On the day of the operation, you will be welcomed by our experienced nurses, who will tell you what will happen. Please do not hesitate to ask questions or to tell them if you have

any concerns. While you are waiting, you can read or listen to music. Outpatient procedures are also performed in the operating theatre. In the interest of hygiene, you

must therefore take off your clothing and put on a hospital gown for the procedure. If you have any questions about your planned operation in advance,

please feel free to contact the relevant specialist department – you will find the contact details on the second page of this brochure.

After the operation

After the operation, the surgeon and the anaesthesia team will make a joint decision about when you can be discharged.

You will be given painkillers for 24–48 hours. If you are unable to return home as planned for medical reasons, we will transfer you to our inpatient hospitalization in consultation with the surgeon.

Journey home

Please be aware that after a surgical procedure, your reactions will be impaired due to the painkillers and anaesthetic, and you must not drive a vehicle for 24 hours.

Please arrange to be picked up from the hospital and taken home by an adult person. You should also not be left on your own at home until the following morning.

Precautionary measures

Even if your operation is minor and conducted under local anaesthetic, you must not do the following things for 24 hours after the procedure:

- Drive a vehicle independently (car, motorbike, bicycle, etc.)
- Make business decisions
- Operate machinery
- Drink alcohol
- Take medication that has not been prescribed by a doctor

If you experience problems at home, contact your attending doctor first. If you are unable to contact your doctor, please call our main number:

+41 41 939 54 54

Checklist for your outpatient stay

Before your stay

- Organise your outward and return journey
- Organise support for when you are discharged

Take the following with you when you are admitted

Documents

- Insurance card from your health insurance company

If available:

- Allergy and implant card
- Diabetes card
- Port-a-Cath ID
- Copy of patient decree, advance care directive, deputisation arrangement
- Completed anaesthesia questionnaire

Medication

- Current medications in original packaging
- Medication card

Personal items

- Comfortable clothes and non-slip shoes
- Reading, music for relaxation

Before the operation

- Shower or wash in the morning before the operation

- Do not use body cream or body lotion
- Do not use any make-up or personal care products
- Eat and drink only as instructed by the anaesthetist
- Remove jewellery and piercings
- Remove nail polish or gel nail polish from at least one fingernail
- Do not shave or remove hair from the operating area
- Do not eat anything six hours before the operation
- Do not drink or smoke two hours before the operation

Quick and easy travel to Nottwil

The Nottwil campus is quick and easy to find, no matter which direction you are coming from. Both by car and by public transport.

By train and bus

The campus is a ten-minute walk from Nottwil railway station, where there are trains every half hour to and from Lucerne and (via Sursee) to and from Basel, Bern, Geneva and Zurich. Nottwil railway station is wheelchair-accessible. The clinic also has its own bus stop connected to the regional bus network.

By car

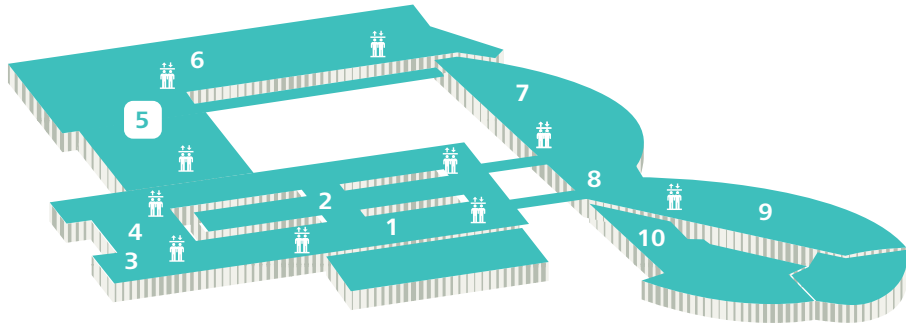
Nottwil is not far from the A2 motorway (Basel to Lucerne). Take the Sursee exit and follow the signs to the Swiss

Paraplegic Centre. Here, there is a multi-storey car park with chargeable parking spaces.



Site plan Swiss Paraplegic Centre

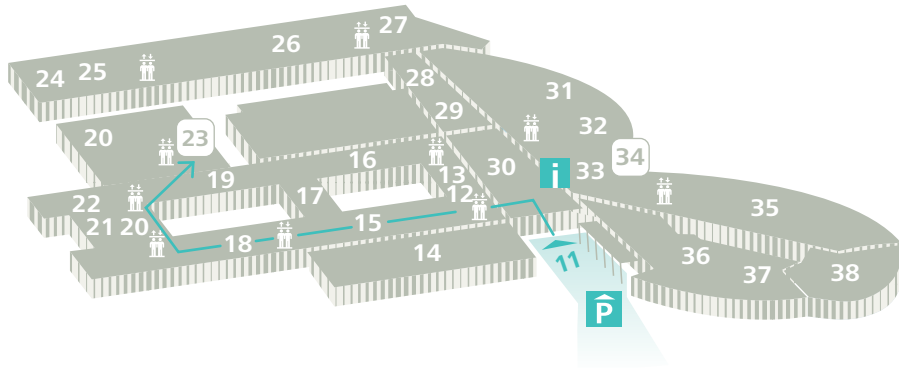
1st floor



1st floor

- | | | | |
|---|---|----|---|
| 1 | Neurourology | 7 | Neuropsychology |
| 2 | Office Medicine and Management | | Robotics/Hand Therapy |
| 3 | Radiology (CT, MRI) | | Training and Practice Apartments |
| 4 | Laboratory | | Discharge Room |
| 5 | Operating theatres
Anaesthesiology
Recovery room | 8 | Education Room Peers and
Employee dining room
(room name: Casino) |
| 6 | Intensive Care Unit/
Ward A (Rooms 121–140) | 9 | Ward F (Rooms 151–165) |
| | | 10 | Information Technology |

Ground floor



Ground floor

- | | | | |
|----|--|----|--|
| 11 | Main entrance | 27 | Atelier for Creativity/
Music Therapy/
Art Therapy/Feldenkrais |
| 12 | Pharmacy | 28 | Table Tennis |
| 13 | Hairdresser | 29 | Medical Training
Therapy/MTT |
| 14 | Indoor swimming pool | 30 | Meeting Hall |
| 15 | Dentist | 31 | Registration for Outpatient
Treatment |
| 16 | Sports Medicine | 32 | Restaurant Centro |
| 17 | FES Centre | 33 | Information
Post Office Counter |
| 18 | Outpatient Care Unit
(Neurology, Plastic Surgery) | 34 | Patient Reception |
| 19 | Speech Therapy | 35 | HR/Finances/Hospitality/
Discharge Room |
| 20 | Centre for Pain Medicine | 36 | Prayer Room/Oratory |
| 21 | Back Medicine & Orthopaedics | 37 | Auditorium |
| 22 | Interventional Medicine (IVM) | 38 | ParaForum |
| 23 | Anaesthetic Consultation | | |
| 24 | Social Advice | | |
| 25 | Psychology | | |
| 26 | ParaWork | | |

 Entrance to multi-storey car park  Lift



Nottwil Campus

A Swiss Paraplegic Centre SPC

- A1 ParaForum Visitor Centre
- A2 Aula
- A3 Pharmacy
- A4 Orthotec
- A5 ParaHelp

B Guido A. Zäch Institute GZI

- B1 Swiss Paraplegic Foundation SPF
- B2 Swiss Paraplegic Research SPR

C Hotel & Conference Center Sempachersee HSS

- 1-5 HSS Pavilion
- C1 SIRMED Swiss Institute of Emergency Medicine

D Multi-storey car park

E Orthotec Vehicle Adaptation

F Swiss Paraplegics Association SPA

G Training Centre

H Military Hospital

I Hippotherapy and Therapeutic Riding Centre Eyhof

K Paradiesli Daycare

- Entrance
- ⓘ Information
- P Multi-storey car park A/B for SPC
- P Multi-storey car park C/D for HSS and GZI



Info and contact details
+41 41 939 54 54, spz@paraplegie.ch