

## Comprehensive social distancing instructions for patients before and after surgery

This is an important leaflet that is designed to provide you with instructions to keep you safe from Coronavirus before and after your surgery. This advice is based on guidance from NICE<sup>1</sup>, the British Orthopaedic association<sup>2</sup> and ARMA<sup>3</sup>. It is important that you read this carefully. The precautions you need to take will depend on your level of risk for surgery. You will be advised of your risk level by the pre-assessment team.

**You must follow these instructions if you are deemed to be in the *lower risk* category for surgery (ASA grade I or II) OR if you are having an injection, aspiration or manipulation.**

If you feel that you wish to take the highest level of precautions, then you should refer to the leaflet on “Self-isolation instructions before and after surgery” (Leaflet B).

In preparation for your hospital admission, you must carefully follow all of these instructions for **comprehensive social distancing for 14 days prior to your operation**

- You SHOULD stay at home as much as possible.
- Stay ALERT and KEEP a safe distance if you go out
- DO take outdoor exercise at least once a day, such as going for a walk.
- Work from home if you can. If this is not possible, you should ensure your workplace is COVID-secure as per government guidelines. You MUST not use public transport.
- You may attend essential medical appointments.
- Limit contact with other people.
- AVOID coming in to contact with anyone who has symptoms of COVID-19.
- DO NOT invite any visitors inside your home.
- DO NOT meet indoors with friends and family who do not live in your home with you. You may meet outdoors keeping a safe distance.
- If possible, AVOID going out for shopping, arrange for this to be delivered home.
- DO NOT travel on holiday or abroad.
- AVOID visiting public places that pose risk of exposure to the virus such as pubs, bars, restaurants or some places of worship.
- You should CANCEL any non-urgent dental or medical appointments whilst you are socially distancing.

### Additional instructions

- Wash your hands often with soap and water or use hand sanitiser
- Avoid touching your eyes, nose and mouth with unwashed hands
- Wash your hands thoroughly after touching pets
- Clean and disinfect frequently touched objects and surfaces in your home
- Use separate household items such as towels, bedding and crockery
- Wear a face covering when you go out of your home eg to visit a shop or when travelling
- If you or any household member becomes unwell during this 14 day isolation period you must report it to us immediately by calling 01372 735801.



### Transport

You should aim to travel to your hospital appointments/admission using your own private vehicle, which may be driven by a member of your household (who has been taking the same precautions as you). If this is not possible, you may travel in a friend's or relative's car or in a taxi. In this situation, you must take the following precautions:

- check that the driver does not have any symptoms such as a continuous cough or fever
- you and the driver must wear a face mask or covering
- you should sit in the rear passenger seat or as far away from the driver as possible
- you should ensure that the car is ventilated by keeping the windows open (weather permitting)
- you should sanitise your hands immediately after the journey

**DO NOT travel by bus or train.** If you cannot arrange your own transport, please call the hospital for advice.

1. <https://www.nice.org.uk/guidance/ng179>

2. <https://www.boa.ac.uk/uploads/assets/26d555f9-3dfc-45ad-81aa967e831149b1/BOA-statement-on-NICE-planned-care-FINAL.pdf>

3. <http://arma.uk.net/covid-19-vaccination-and-msk/>

### Other members of your household

- Other members of your household should follow the same precautions as far as possible.

**Coronavirus vaccine** It takes up to 14 days for immunity to develop after the first dose of the vaccine.



**First dose:** You should allow at least 2 weeks after having the first dose of the vaccine and your surgery.

**Second dose:** You should allow at least 1 week after your second dose and the surgery.

### Pre-operative Covid-19 testing and self-isolation



As part of our admission process, you will need to have a Coronavirus swab test 3-4 days before your procedure and you may require some additional tests ahead of your procedure. Your hospital team will advise you of what is required.

**After you have had the swab test you and members of your household MUST completely self-isolate or shield at home until you come in to hospital for your admission. This means that you must not leave your home for any reason other than once a day to exercise whilst maintaining a safe distance from other people.**

If members of your household need to go to work or are unable to self-isolate with you for any reason, you should “shield” from them within your home – see below.

### Shielding within your household

If any member of the household is regularly leaving the home (e.g. for work), it is possible that they could catch the Coronavirus and pass it on to you unknowingly. To stay safe after your swab test, you will ‘shield’ yourself by distancing from others in your household to reduce the risk of infection.

- You MUST minimise the time other people living with you spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
- You MUST keep 2 metres (3 steps) away from people you live with or wear face coverings when you are having a conversation.
- You MUST encourage them to sleep in a different bedroom where possible. If possible, use a separate bathroom from the rest of the household. Use separate towels from the other people in your house, both for drying after bathing or showering and for hand-hygiene purposes.
- If you share a toilet and bathroom with others, it is important that they are cleaned every time after use (for example, wiping surfaces you have come into contact with). Consider drawing up a rota for bathing, with you using the facilities first. Avoid sharing napkins or towels.
- If you share a kitchen with others, avoid using it while they are present.
- Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

### Comprehensive social distancing after your surgery

- You should practice comprehensive social distancing as described overleaf for a period of 14 days after your discharge from Hospital

You can only be admitted for your procedure if you (and your household members) have had no symptoms of Covid-19 infection in the fourteen days prior to your admission, have socially distanced following the instructions above and you have had a negative Coronavirus swab test.

**You must inform the admissions team (01372 735801) straight away if –**

- you (or a household member) develop Covid-19 symptoms
- you are unable to follow the guidance on social distancing or
- a household member has a positive swab test

For everyone’s safety your procedure will be postponed until we can be sure that it is safe for you to proceed.