

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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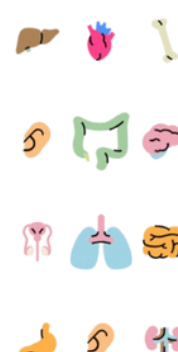
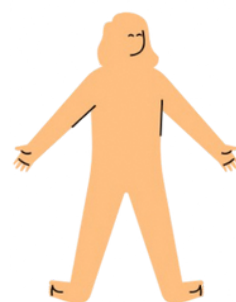
PREPARE FOR YOUR SURGERY AT HOME

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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