

About Us

3 South Surgical is a 44 bed acute general surgical unit. We are the Thoracic Centre for the Fraser Health Authority, as well as the Head and Neck Centre. Our other specialties include Abdominal Surgeries, Urology, Vascular, Plastics, as well as Gynecology.

At present, the unit takes care of over 2800 post op patients per year.



How to Get Here

Visitors may park in the South Building parkade (access from 94A Street). Take the elevator to 3R and exit to the right.

Visiting Hours

Surrey Memorial Hospital visiting hours are as follows:

2pm—8pm Daily

Times may be flexible. Please discuss with your nurse.

Contact Numbers

Surrey Memorial Hospital Switchboard: **604-581-2211**
POD 1 Thoracic Surgery Nursing Station: **ext. 775981**
POD 2 General Surgery Nursing Station: **ext. 775507**

Meal Times

Breakfast: 8:30am-09:00am
Lunch: 12:30pm-1:00pm
Dinner: 5:30pm-6:00pm



Shift Report



Our nursing shifts are 12 hours, with Day Shift working from 7:30am-7:30pm and Night Shift from 7:30pm-7:30am.

Nurses provide each other with a verbal shift report which takes place for about half an hour each side of shift change time (between 7-8). Please be patient with us during this time. If you need assistance, please ring your call bell.

Personal Items

The following items are suggested for you to have from home:

- Toothbrush & Toothpaste
- Denture Care Products
- Mouthwash
- Hairbrush/Hair Products
- Deodorant
- Lip Balm
- Hearing Aids & Eyeglasses
- Chewing Gum (certain surgeries)
- Clean Underpants
- Non-Slip, Supportive, Flat Shoes or Slippers
- Pajamas & Housecoat
- Walking Aids
- Magazines, Books, etc.
- Clothes to go home in.

Please do not bring or wear scented products.

Cell phones are permitted within SMH. Please turn them to silent or vibrate as a courtesy to other patients. **Please avoid bringing valuables into hospital. Surrey Memorial Hospital is not responsible for valuables or personal items.**

TV Rentals

Order forms are available on the unit, and service will be activated when the Hospitality Network Representative is on site between 3pm and 7pm.

Basic TV Daily Rate: \$10.92
Premium TV Daily Rate: \$13.16
Prices include tax.



Daily Activity Guide

These activities help reduce your risk for pneumonia post-operatively.

DAY OF SURGERY	<ul style="list-style-type: none"> <input type="checkbox"/> Keep the head of your bed greater than 30° <input type="checkbox"/> While in an upright position, practice deep breathing and coughing exercises. Repeat 10 times every hour. <input type="checkbox"/> Practice foot/ankle exercises. Repeat 10 times every hour. <p>With assistance from your nurse or physiotherapist,</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1) Sit up in bed and dangle your legs <input type="checkbox"/> 2) Stand up and take a few steps towards the head of bed
DAY 1	<ul style="list-style-type: none"> <input type="checkbox"/> Keep the head of your bed greater than 30° <input type="checkbox"/> While in an upright position, practice deep breathing and coughing exercises. Repeat 10 times every hour. <p>With assistance from your nurse or physiotherapist,</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1) Transfer to a chair for ALL meals <input type="checkbox"/> 2) Transfer to commode or walk to bathroom <input type="checkbox"/> 3) Go for walks in the hallway <p>“Today, I sat in a chair ___ times” “Today, I walked in the hallway ___ times” (Goal: min. 3x)</p>
DAY 2+	<ul style="list-style-type: none"> <input type="checkbox"/> Keep the head of your bed greater than 30° <input type="checkbox"/> While in an upright position, practice deep breathing and coughing exercises. Repeat 10 times every hour. <input type="checkbox"/> Practice foot/ankle exercises. Repeat 10 times every hour. <input type="checkbox"/> Sit in a chair for ALL meals <input type="checkbox"/> Walk to bathroom as needed <input type="checkbox"/> Go for walks in the hallway with assistance if needed <p>“Today, I sat in a chair ___ times” “Today, I walked in the hallway ___ times” (Goal: min. 3x)</p>

Questions to ask the Doctor:



Welcome to 3 South Surgical

