

Discharge advice following day surgery

Day Surgery Unit Patient Information Leaflet



Introduction

Your nurse was _____

You can access detailed patient information on our Trust website. Please access this via the above QR code or by visiting <http://www.dgft.nhs.uk/services-and-wards/day-surgery/>.

Overleaf you will find a brief summary of the key information. If you do not have access to the internet, please let us know.

Recovering from anaesthetic or sedation

General anaesthetic or sedation can affect your judgement, so you may not be able to think clearly. This may last for 24 hours, so until the next day. You may be slightly confused and unsteady after your treatment.

You will need an adult over 18 years old to accompany you from hospital and stay with you for 24 hours.

It is important not to be in charge of children or other people in your care, and that you do not cook or use any machinery, make important decisions, post on social media, or drink alcohol.

Local anaesthetic – you may experience some pain or discomfort as the anaesthetic wears off. You can take painkillers such as paracetamol for several days or until you feel comfortable (always read the label; do not exceed the recommended dose).

Coping with pain

Your next pain relief can be taken at:

Paracetamol _____ Ibuprofen _____

Codeine _____

Good pain relief can offer many benefits. It can help you rest comfortably and get moving quicker. There may be side effects so it is important that you read and follow the manufacturer's instructions. Do not exceed the recommended dose.

Avoiding blood clots

You can help reduce your risk of developing a deep vein thrombosis (DVT) or a pulmonary embolism (PE):

- Drink plenty of fluids when able to keep you hydrated.
- Keep moving and walking as soon as you are advised to.
- Anti-embolism stockings may be prescribed to you. Please wear them as advised by your nurse.

If you experience any symptoms, including swelling in the leg, muscle tenderness (often in the leg), leg warm to touch, or reddish / bluish skin discolouration, please seek medical attention. **If you have a sudden onset of shortness of breath, chest pain or a rapid heart rate, attend your nearest Emergency Department immediately.**

Wound advice

Try not to touch your wound as this can make a wound infection much more likely. However, if you have to touch your wound to care for it, always wash your hands before and after touching the wound area. Let your nurse / GP / practice nurse know if you notice any of the following:

- Your wound is oozing or has increased swelling.
- You experience an increased amount of pain from the wound.
- An unusual smell from the wound.
- An increase in redness around the wound.

Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

Russells Hall Hospital Day Surgery Unit on 01384 456111 ext. 1886 (7am to 9pm, Monday to Friday)

or

Pre-operative Assessment Unit on 01384 456111 ext. 3301 (8am to 6pm, Monday to Friday)

Out of these hours, for urgent queries, contact the Emergency Surgical Hub on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ کرم مہربانی فون نمبر 08000730510 پر رابطہ کریں۔