

Discharge information for post-operative patients and their relatives

Day Case Surgery

Introduction

There are many different types of surgery and procedures that the hospital performs, so it is understandable that each patient's recovery is not the same. Post-operative complications may vary.

This booklet explains about:

- Wound care instructions
- Side effects you may experience
- Signs and symptoms to watch out for
- Who to contact if you have any concerns
- Ways in which you can help yourself
- Any further instructions / Comments

Wound Care

Remove the..... that covers your wound on

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It is quite safe to get your wound wet days after your operation.

You will need to book an appointment with your own GP/Practice Nurse for the (Date) To have

If you have been provided with Surgical stockings wear them for / until.....

What type of side effects can I expect?

It is common to experience a mild amount of pain and swelling to your operation site. Mild pain relief, for example, Paracetamol should help (follow instruction on the box or seek advice from your local pharmacist who will advise the correct dose to take to ease the discomfort)

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

All wounds progress through several stages of healing and you will be able to see changes in your wound. You may experience unusual sensations such as a tingling, numbness or itching, a slightly hard lumpy feeling as the new tissue forms, and a slight pulling around any stitches. **DO NOT** pull off any scabs as they act as a 'natural dressing.' They will fall off without any help when ready. You may experience a small amount of clear fluid from your wound.

If you have been prescribed antibiotics, you may experience some diarrhoea (loose bowel motion). If you are taking strong pain relief, for example, Co-codamol (codeine), you may experience some constipation. If symptoms persist after a couple of days, please seek advice from your GP or 111 service.

What signs and symptoms should I watch out for?

- Increased swelling and redness around the wound site
- Increased or severe pain
- Feeling feverish (shivering) with high temperature
- Blood or pus leaking from the wound
- Opening of your wound
- Nausea or vomiting
- Difficulty swallowing
- Coughing up blood
- Passing blood from the back passage
- Bowels not open for more than 3 days
- Abdominal distension or bloating
- Inability or difficulty passing urine
- Chest pain
- Shortness of breath
- Painful or swollen calves
- Feeling faint
- Yellowing of skin or whites of eyes (jaundice).

If you suffer from any of the signs or symptoms within 7 days of your discharge, please contact the appropriate number below:

General Surgery / Urology – SDEC:

(8:00am to 8:00pm)01902 481940 ☐

(8:00pm to 8:00am)07876 392180 ☐

Plastics (Monday to Friday 9:00-17:00)

01902 307999 ext: 86252 ☐

ENT / Maxillofacial (B7)01902 694043 ☐

Orthopaedics (A6)01902 694006 ☐

Breast Care Nurses (9am-4pm).....01902 695144 ☐

Gynaecology (Monday-Friday 8am-5pm, Saturday 8am-2pm)

.....01902 694606 ☐

Fracture Clinic (Back in Trouble Clinic)01902 695380 ☐

Pain Management (8am – 4pm)01902 695122 ☐

You can also try to access your own GP or practice nurse or the 'out of hours service' on 111.

In the case of emergency you must attend your nearest emergency department and take your discharge notification (supplied on discharge) with you.

How can I help myself?

- Gentle exercise can help prevent Deep Vein Thrombosis (DVT) or blood clots. It is important that you try to move around or do leg exercises as soon as possible (Assistance may be required).
- Deep breathing helps to prevent chest infections
- Keep on top of pain relief
- Drink plenty of fluids
- Eat a healthy diet
- Diabetic patients should attempt to keep blood sugars stable.

Any other instructions / comments

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English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਅਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。