

Day surgery discharge information

Information for patients at Chase Farm Hospital

Patient's name:
Hospital number:
Date:
Consultant:
Operation performed:
Discharge nurse:

It is important to remember that you have had a general/local anaesthetic or sedation for your procedure. Day surgery does not mean day recovery and you must go home and rest.

A general anaesthetic and sedation will affect your judgement, co-ordination and memory for 24 hours. In this time you must not:

- drive a car, operate machinery, use a cooker, ride a bicycle, sign a legal document or engage in any activity requiring skill or judgement.
- take sleeping tablets
- drink alcohol

Pain management

All surgical wounds will cause some discomfort initially and may last for a few days. The information sheet specific to your operation will give more guidance on what to expect.

- You have been given pain relief tablets to take home from the ward. Please take them as prescribed on the box/bottle. Do not exceed the stated dose.

- You have not been given pain relief tablets to take home. A mild pain relief tablet such as paracetamol or ibuprofen should be sufficient to manage any pain you may experience. You can obtain these over-the-counter from your local pharmacy. Please take them as prescribed on the medicines information leaflet included in the box. Do not exceed the stated dose.

Paracetamol containing pain relief was last taken:

Stitches or clips

Your surgical wound has:

- No stitches

- Dissolvable stitches
These do not need to be removed, and will dissolve in 10-14 days.

- Non-dissolvable stitches or clips
These will have to be removed at:
 - Your out-patient appointment
 - Your GP practice by the practice nurse

Your stitches/clips need to be removed in:

Wound care

For most surgical procedures you will have a dressing in place. The discharge nurse will give you information on how to look after your specific type of dressing.

Keep your wound dry for 24-48 hours unless told otherwise. After this time you may shower or bathe, but do not soak in the bath for long periods. Remove your dressing once it gets wet and pat (do not rub) the wound dry. Either leave the wound exposed, or if it is rubbing on your clothes, apply a new dry dressing.

If your wound starts to bleed, apply pressure with a clean towel, tea towel or cloth handkerchief for 15-20 minutes. If this does not stop the bleeding, please contact the day surgery unit (DSU) or your GP for advice, or attend your nearest walk-in centre or emergency department.

Signs that your wound may be infected include:

- redness or heat around the wound
- pain
- swelling
- a discharge from the wound
- fever

If any of these occur, contact the DSU or your GP for advice urgently.

Comments:

Follow-up appointment

- Your surgeon does not need to see you again in the clinic. If you need a follow-up, please make an appointment with your GP.

- Your surgeon would like to see you in the out-patient clinic in:

If no appointment letter was given to you from the DSU, you will receive a letter in the post. Please telephone the ward administrator if you do not receive your appointment letter.

Contact us

If you have any questions or concerns once you have been discharged home, please don't hesitate to telephone the DSU for advice. You can contact us any time between 8am-8pm, Monday to Friday for routine enquiries.

- Day surgery unit A: 020 8375 1205
- Day surgery unit B: 020 8375 1943
- Surgical ward orthopaedics: 020 8375 2600
- Surgical ward general: 020 8375 1957
- Ward administrator: 020 8375 1332/1371

For urgent enquiries see your GP or attend your nearest emergency department.

If you have any feedback on this leaflet, please contact:
rf.communications@nhs.net.

If you require a large print version of this leaflet, please speak to a member of staff.

© Royal Free London NHS
Foundation Trust
Service: DSU, Chase Farm Hospital
Version number: 1

Approval date: July 2019
Review date: July 2021
www.royalfree.nhs.uk