

PATIENT INFORMATION**Ward 16 DISCHARGE
FOLLOWING SURGERY**

Recovering from a general anaesthetic

The general anaesthetic that you have had will remain in your system for the next 24 hours. Therefore, you must be accompanied home by a responsible adult and have someone over the age of 18 with you for this time.

For 24 hours after your operation, please do not:

- Drink any alcohol/ take sleeping tablets
- Operate heavy machinery
- Make important decisions or sign legal documents
- Drive

Do:

- Drink fluid and eat a light diet
- Take it easy on the day of the operation and longer if recommended
- Take time off work if advised to do so
- Follow wound care instructions given by discharging nurse
- Take any prescribed medication. Please confirm instructions for blood thinners with your nurse before discharge.

Recovering from a spinal anaesthetic

A spinal anaesthetic can occasionally cause side effects which may appear only after you have left hospital. Serious complications are rare, but if you have had a spinal anaesthetic, you will be given an information sheet highlighting any symptoms you should be concerned about and what to do if they occur.

If you need to contact 111/ your GP/ Accident and Emergency, you should let them know you have had a spinal anaesthetic.

Recovering from a local anaesthetic

Your local anaesthetic will wear off shortly following your procedure. Please ensure you take pain killers regularly if required. We advise that you:

- Keep taking pain killers regularly if required
- Do not take non-steroidal anti-inflammatory drugs, such as Ibuprofen or Diclofenac on an empty stomach, as this can lead to Gastritis. If you experience stomach irritation from these medications, stop taking them straight away and contact your GP.
- Drink water to keep hydrated and help to avoid constipation caused by certain pain killers
- Follow wound care instructions given by discharging nurse

Medication

Please continue your regular medication unless advised not to by your nurse or doctor. You will be discharged from hospital with any required medication. Paracetamol and Ibuprofen will not be prescribed, as you are expected to have a supply at home.

You will need to obtain repeat prescriptions from your GP surgery, should you require them. It is important to take medication regularly, as directed, to keep your pain controlled.

Enoxaparin

You may be discharged with Enoxaparin injections if requested by your surgeon. These are to help prevent thrombosis (blood clots). You will be shown how to self inject or if this is not possible a member of your family or friend can administer for you. This is a daily or twice daily injection. You will be given the necessary equipment on discharge. Please bring your sharps box to your outpatient appointment so this can be disposed off.

Wound care

Your wound has been closed with glue/absorbable/non-absorbable sutures.

These **do/ do not** require removal.

Your sutures need to be removed on .../.../... by

Please arrange an appointment on discharge to have them removed.

Please remove your dressing on .../.../...

You **do/ do not** need your wound re- dressed on .../.../...

Extra dressings will be supplied if required.

Your dressing **is/ is not** waterproof. Please discuss bathing options with your nurse.

If you have had either a total knee replacement you will be contacted at around 30 days after your surgery by the Surgical Site Surveillance nurse to ask questions about how your wound has healed.

Any problems / concerns with your wound, e.g. increased pain, redness, heat, bleeding, increased body temperature, please contact Ward 16 for advice: Tel 01527 512104

Mobility

It is advised for you to mobilise as much as you are able.

You are required to wear anti- embolic stockings for

You will wear these stockings during the day and night. Take them off for washing / showering, but NEVER take them off at night time. It is advised to change stockings daily, but if this is difficult to maintain, then 3 times weekly, If the stockings begin to cause pain due to excess swelling, please contact Ward 16 for advice.

You will be informed of any restrictions or instructions regarding your mobility prior to discharge.

Follow up appointment

You **Do/ Do not** need to see the consultant or their team again.

You will need to see the consultant or a member of their team in

This appointment will be sent to you in the post after discharge. In some circumstances, these appointments will be made over the phone due to short notice.

Symptoms which may cause concern

- Bleeding from wound site which is more than expected
- Swelling or discolouration of the skin
- Swelling in any limbs, especially if it is hot to touch
- Shortness of breath
- Chest pain
- Difficulty passing urine

If you experience any of the above symptoms, which aren't explained by your procedure, please call 111 or attend your nearest accident and emergency.

You can also contact Ward 16 on: 01527 512104

If you require speciality advice, or need advice at night, you can also contact:

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.