

Discharge from day surgery



Exceptional healthcare, personally delivered

Discharge home

You will be given verbal information about wound care and pain relief and there is written information later in this leaflet.

Day surgery staff will inform your escort when you are ready to go home. It is important that they are available to collect you and stay with you. We expect that you will go home the same day. However, if there are complications such as severe pain or sickness you may have to stay in hospital overnight. If you do have any problems when you arrive home, contact your district nurse or your own GP or NHS 111 Service.

We advise for 24 hours you should not:

- Drive your car or any other vehicle.
- Cook or operate machinery.
- Drink alcohol or take sleeping tablets.
- Do not make important decisions or sign legal documents for 24 hours.
- Take sole charge of children.

A letter will be sent to your GP by the day surgery unit; the yellow copy is yours to keep.

Advice will have been given for your continuing care at home.

Surgeon

Your operation

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Wound care

- Keep your wound clean and dry until your stitches have dissolved/are removed.
- If you have had a local anaesthetic take your own pain medication as necessary.
- If you experience prolonged bleeding, severe pain or increased amount of swelling contact your GP or NHS 111 Service.
- Please remove your dressings in days.
- Please arrange with your GP's practice nurse for your wound to be checked in days.
- Your stitches are dissolvable.
- Your stitches need to be removed in days. Please arrange this with your GP's practice nurse/they will be removed at your outpatient appointment.

*delete as appropriate

Special instructions

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Painkillers

Good pain relief after your operation will boost your recovery. It will help you sleep, keep you active and reduce the chance of complications. You should not suffer post-operative pain.

You must take your pain killers *regularly* for the first 48 hours after surgery, even if you have no pain. If your pain is severe and not improving with the pain killers we have provided, you must **contact your GP or surgical team.**

Your anaesthetist will make a pain relief plan for you and your mediroom nurse or practitioner will explain it to you before you go home. Some of the medications will be provided and others you will need to purchase from a Southmead pharmacy, your local chemist or supermarket.

Paracetamol

This is a good painkiller for the type of surgery you have had. We recommend you take 2 x 500mg tablets regularly 4 times a day for 1 or 2 days, but **please check the label** of the paracetamol you've bought and follow the instructions. If you have been given paracetamol prescribed by your anaesthetist before your operation, please remember it is perfectly safe to take 2 x 500mg tablets every 6 hours.

Remember not to take any other tablets containing paracetamol, such as co-dydramol or co-codamol. You should take these tablets even if you have no pain, as they will keep the pain away. Paracetamol works in a unique way and will work with other pain killers.

Time next dose due

Ibuprofen

This is an anti-inflammatory painkiller. The dose is normally 1x400mg tablet 3 times a day, but check the label of the preparation you have. If you can take ibuprofen, it should be taken regularly with paracetamol. Do not take ibuprofen at the same time as other anti-inflammatories such as aspirin, Nurofen, Brufen or Naproxen. Ibuprofen has few side effects and can sometimes cause indigestion, so they should be taken with food. If you develop indigestion or abdominal pain, stop taking them. If they make you wheezy or breathless stop taking them. If you are not sure if you can have them please read the label or ask your mediroom nurse or practitioner. Anti-inflammatory tablets can be taken at the same time as codeine phosphate and will improve your pain relief.

Time next dose due

Codeine phosphate (30mg tablets)

Some patients will be given codeine to have on top of their paracetamol and/or ibuprofen. If you should already be taking these regularly, you should continue to do so, otherwise, you do not have to take codeine.

You do not have to take codeine regularly, it is a stronger pain killer which can be helpful if regularly paracetamol and/or ibuprofen are not enough on their own to help with your pain.

Codeine may have side effects such as nausea, drowsiness, dizziness or constipation (taking plenty of fluids and some fruit helps avoid constipation). If, however, the side effects are unpleasant, stop taking them and consult your GP or pharmacist.

One or 2 codeine tablets can be taken up to 4 times a day for added pain relief. Do not exceed the prescribed dose.

Time next dose due

Anti-Sickness

Acupressure has been shown to work as well as anti-sickness medications, in treating and preventing nausea. You can do this at home, by pressing on the P6 point: 3 centimetres above the wrist crease in the middle of the palm side of your arm. A video describing this can be found at:

<https://www.nbt.nhs.uk/our-services/a-z-services/anaesthetics/anaesthesia-patient-information>

If you are at risk of feeling sick, you will be given some **Ondansetron (4mg)** tablets. This is an anti-sickness, which can be taken up to three times per day and used alongside acupressure. Take as directed: 1 x 4mg tablets 8-hourly. If the nausea persists, please contact us or your GP.

Time next dose due

If you are already on long term pain killers, you may need to stop taking them while you are taking these tablets. Please check with your mediroom nurse or practitioner before you leave the hospital.

Outpatients appointment

- You do not require an outpatient appointment.

- Your outpatient appointment is on:
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- An appointment will be arranged and sent to you through the post for:
..... weeks / months time.

If you require any advice, please contact us (Tel: 0117 950 5050) in the 24 hours after your operation. Your GP or NHS 111 Service will also be able to advise you.

**PATIENT
APPROVED** 

 www.nbt.nhs.uk/daysurgery

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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**take part...
be involved...**
in research



While in our care, you may be invited to take part in a research study.

To find out more visit:
www.nbt.nhs.uk/research



southmeadhospitalcharity.org.uk

Southmead Hospital Charity raises funds for departments and wards throughout the Trust, meaning you can support an area close to your heart