

General Discharge Instructions

Anaesthesia Side Effects:

You were given an anaesthetic agent or sedative today for your procedure. For the rest of today, you may look as if you have a slight fever; your face might be red and your skin might feel warm and sweaty. Bear in mind that the medications are still in your system and for the next twenty-four (24) hours you should:

Not drive a car, operate machinery or power tools

Not drink alcoholic beverages (not even beer), or smoke

Not make any important legal decisions or sign any important papers

A responsible adult must be with you for the rest of the day and also during the night for your health and safety.

You may experience a headache, you can take Paracetamol

You may have a sore throat with tenderness with hoarseness, this can be relieved with warm salt water gargles and occasionally, Paracetamol

Pain:

Your doctor may have prescribed you painkillers and these should be taken as directed. If the pain is not relieved, contact us.

Nausea and Vomiting:

It is best to start with liquids such as water and still soft drinks, then soup and crackers, and gradually work up to solid foods. If your nausea and vomiting persists for more than a few hours, you should contact us.

Bleeding:

We do not expect you to have excessive bleeding as a result of your procedure. Should you experience any excessive bleeding, contact us immediately, or go to your nearest A&E or call 999.

Infection

We do not expect you to develop an infection as a result of this procedure, however, possible signs of an infection include: Temperature > 38°C / redness, swelling, warmth or discharge at the surgical site

If you have any of these signs / symptoms, please contact us immediately.

If you have redness, pain, swelling, discomfort or bruising at the IV site, apply warm compresses. If red streaks from IV site appear without relief from warm compresses, contact us.

General Items:

DVT Precautions:

Refer to DVT Prevention Guidelines included in your discharge package

You should rest at home, but may be up and about as per your doctor's instructions. If any questions arise, contact us.

* If you received Spinal Anaesthesia please see attached – Additional Instructions for Spinal Anaesthesia with Sedation

IN CASE OF EMERGENCY, PLEASE GO TO YOUR NEAREST A&E OR CALL 999