

Patient Information

Post-Operative Advice

Discharge after General Anaesthetic/Sedation

Surgery Department



Discharge advice

After having a general anaesthetic or sedation you are under the influence of sedative medication for a period of 24 hours.

For your safety we advise you of the following:

- To arrange for a responsible adult to accompany you home and to stay with you for a period of 24 hours
- Do not lock bathroom doors and therefore make yourself inaccessible to the person caring for you

During this 24 hour period you should not

- attend work
- drive
- operate machinery and/or household appliances
- be left unattended
- take responsibility for caring for others
- sign any legal documents or make important decisions

Passing urine

We encourage you to try to pass urine prior to discharge although this may not always be possible. When home, continue to drink fluids and mobilise as comfort allows. If you experience pain, discomfort or swelling in your abdomen, and are unable to pass urine despite having the sensation of needing to, please contact us using the details given on the back page of this leaflet.

Pain relief

You will have been prescribed appropriate pain relief medication if required. Please take this as prescribed at regular intervals to ensure any discomfort is at a controllable level.

Eating and drinking

We recommend you drink fluids regularly and eat light meals.

Smoking

We recommend you do not drink alcohol or smoke for 24 hours following your procedure.

Wounds and dressings

If you have stitches you will be advised if and when they need to be removed. You will be advised on the type of dressing you have. Dressings are usually removed after 48 hours unless you are advised otherwise.

Showering and bathing

You should avoid having a shower or bath for 24 hours. You will be advised on when you are able to shower after this time dependant on the procedure you have had.

Resuming normal activities

We advise you to rest at home and undertake activities as comfort allows. You may be given an additional information leaflet specifically relating to the type of procedure you have undergone. Please ask any questions you may have and ensure you understand the instructions given.

Follow-up appointments

If you require an outpatient appointment it will be sent to you in the post. A letter explaining the operation you have had will be sent to your GP within 24 hours, you will also receive a copy of this letter.

Fit notes

If you require a fit note (a Statement of Fitness for Work) please ask. Fit notes may also be known as a medical statement, a doctor's note or sick note.

Contact details

Contact Centre (appointment queries), Lister Hospital ☎ 01438 284444

If you need further help or advice please contact the unit that you were discharged from unless you have been told otherwise.

If you need to speak to someone before 9pm, please contact:

Day Surgery Unit, Lister Hospital ☎ 01438 285775

or

Treatment Centre, PACU 2 ☎ 01438 288130

If you are calling after 9pm, patients discharged from both the Day Surgery Unit and Treatment Centre should telephone:

Surgical Assessment Unit (SAU) ☎ 01438 285191

For any queries after 48 hours post-operatively, please contact your GP surgery.

Further information

British Association of Day Surgery

<http://daysurgeryuk.net/home/en>

www.enherts-tr.nhs.uk

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