

After sedation

Accident & Emergency Department
Tel: 01271 322480

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

- Go home and take complete rest for the remainder of the day and have a quiet day tomorrow. It is not unusual to feel tired for a few days
- If you have severe pain or any other problems within the first 24 hours, **contact the A&E Department on 01271 322480.**

Remember

For the next 24 hours

- **Do not** drink alcohol, drive a car or operate machinery of any sort e.g. kitchen appliances
- **Do not** sign important documents or agreements
- **Do not** bath or shower

You may continue taking your own medications, unless told otherwise.

Going back to work

If you are unsure about when to go back to work, please seek advice from your GP.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple. Alternatively, it may be possible for us to arrange an appointment in your area.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the ward staff or the PALS team in the first instance.

'Patient Opinion' comments forms are on all wards or online at www.patientopinion.org.uk.

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