

Your discharge from the Day Surgery Unit

Tel: 01271 322499

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Recovery from your general anaesthetic

- If you have severe pain, bleeding or any other problems you should contact your GP or, if it is within the first 24 hours after your surgery, you may return to the accident and emergency department.
- It is important that you are accompanied home by a responsible adult (over 18yrs old) that will be able to stay with you for 24 hours.
- 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.
- It is not unusual to have a sore throat after a general anaesthetic.
- Do not have a bath or shower for 24 hours.
- **Do not** drink alcohol, drive a car, operate machinery or make any important decisions for the next 24 hours (e.g. kitchen appliances, DIY tools, garden machinery, signing important documents). It is best to avoid medication that is known to make you drowsy.
- Continue to take your own medications as before, unless otherwise instructed.

Recovery from your local anaesthetic

Side effects after a local anaesthetic are unusual, but you may experience some of the following:

- A tingling sensation as the anaesthetic wears off.
- Possibly some minor bruising at the injection site.
- Bleeding or soreness at the injection site.
- Numbness and weakness may continue for up to a few days, if you are concerned contact your GP.

- You should move carefully as you may not know if you have hurt yourself. If you have had a local anaesthetic into your leg or foot you may find you are a little unsteady on your feet.

Pain relief after your operation/procedure

Most patients will probably have a degree of discomfort after a surgical procedure.

It is important to take regular pain relief after your operation/procedure to ensure that you have a comfortable recovery. Pain relief is also important if you have exercises that need to be performed; you need to be comfortable enough to complete the exercises.

- Paracetamol** – maximum dosage in 24 hours is 8 x 500mg tablets (4 grams)

Taken in doses of 500mg – 1g (1 – 2 tablets) spaced 4 to 6 hours apart.

You were given paracetamol at _____. Next dose due at _____.

- Codeine or drugs containing paracetamol (co-codamol, co-dyramol, codeine, dihydrocodeine)** – it is advisable that you do not take drugs containing codeine for longer than 3 days, unless advised by a doctor or your pain levels still require it.

Codeine can make some people feel drowsy. If you are feeling drowsy, you should not drive or operate heavy machinery. It can also cause constipation, so it is also advisable to use laxatives if needed. **Remember, do not take any paracetamol alongside these drugs.**

You were given _____ at _____.

Maximum dose _____. Next dose due at _____.

- Anti-inflammatory drugs (volterol, ibuprofen, naproxen, ketorolac, piroxicam)** – anti-inflammatory drugs should be avoided if you have a history of asthma, stomach ulcers or kidney stones, or have been told by your GP or other healthcare professional to avoid them.

You were given _____ at _____.

Maximum dose in 24 hours _____. Next dose due at _____.

Cannula site care

The cannula site is where the device to deliver your anaesthetic was placed directly into a vein.

To reduce the chances of infection and inflammation once the cannula has been removed you should follow this advice:

- Keep the site covered for 24 hours, either with the gauze applied after removal or a simple plaster. This will give the site a chance to heal and prevent any germs getting into the hole in your skin.
- Keep the area clean; this will reduce the chances of infection and inflammation.

You should report to your GP or practice nurse, if you have redness, swelling, heat or pain at the cannula site. This is most common in the first 48 hours. These symptoms can indicate infection, so it is very important you report them.

Caring for your wound

- Surgical wound dressings should be left dry and untouched for a minimum of 48 hours after your operation/procedure to allow for re-establishment of the natural bacteria-proof barrier, unless otherwise clinically indicated.
- You **must** seek advice from you GP, if:
 - your wound is leaking, red, hot or swollen
 - you are feeling generally unwell
 - you have a temperature of 38°C or above

Dressings _____

Stitches to be removed _____

Follow-up appointment _____

Further information

If you have any questions or concerns, please contact the Day Surgery Unit on 01271 322499.

References

NHS choices (online) – General Anaesthesia – updated 08/05/2015.

NICE – National Best Practice and Evidence Based Guideline for Wound Management.

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.

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 staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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