

## Patient information

# Discharge Advice

### Helpful hints for when you go home

You are being discharged from hospital following admission for:

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### Following your surgery

Your operation site needs to be kept clean and dry. Please leave any dressing intact and follow the instructions written below. It is quite normal to notice some bruising around the site.

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You may experience some mild to moderate pain. This can be relieved by taking painkillers. If on discharge you are given 3-5 days supply, these may be taken as prescribed; otherwise paracetamol or similar pain relieving medication is appropriate.

When back at home it is best to be up and around doing mild exercise such as walking.

However strenuous exercise or heavy lifting must be avoided for ..... weeks after the operation. After this time it is sensible to slowly build back into more rigorous activity.

Starting work depends on the degree of physical activity involved. An office job can be resumed after ..... however more physical work should wait for a further ..... weeks.

Driving is possible once an emergency stop can be performed without discomfort. However it is advisable to check with your insurance company as a more specific period may apply.

## Wound Infection

Wound infection is an uncommon complication of surgery. Do avoid touching the wound site to reduce the risk of a wound infection. After the operation your wound may be a bit red and sore initially but should quickly improve. If it becomes increasingly red, swollen, hot, and painful or discharges fluid, you may have developed an infection. You will then need to contact your GP for advice as to whether you need antibiotics.

**Special Instructions:** \_\_\_\_\_

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Do not use makeup, creams or any perfumed products near the wound until the stitches are removed/dissolved and/or the wound has fully healed. Thereafter sun block should be used when outside.

## Medication

If you have been prescribed medication you will find information about the drug and any related side effects in the manufacturer's insert inside the box.

## Follow Up

Not all patients require an Outpatient follow up appointment. If you do require one it will be posted / given to you.

If you have any worries or concerns within the first 24 / 48 hours of leaving hospital please contact:

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or contact your GP or GP Out-of-Hours Service or NHS 111

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

*<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>*