

ADULT DISCHARGE INSTRUCTIONS FOLLOWING A DAY PROCEDURE

POSSIBLE AFTER-EFFECTS FOLLOWING YOUR DAY PROCEDURE:

After effects of an anaesthetic and procedure vary between patients but you may experience one or more of the following:

- ❑ **Tired and sleepy:** A small amount of anaesthetic will remain in your body for at least 24 hours; as a result you may feel tired and sleepy for the remainder of the day. This is why you should not drive for 24 hours and should attempt to rest when you get home. It is recommended that you have someone stay with you on the first night.
- ❑ **Pain:** It is common to experience some pain following your procedure. In some cases you may experience general muscle aches for up to 48 hours as a result of the anaesthetic medication used. You are able to take the analgesia prescribed by your Doctor. If you require more pain relief tablets, contact your Doctor.
- ❑ **Nausea and or vomiting:** May occur in the first 24 hours. If it persists and you are not able to keep any fluids down without vomiting- contact your Doctor.
- ❑ **Dizziness:** Can occur but will normally settle within several hours.
- ❑ **Sore dry throat:** Is quite common and usually disappears within 24 hours.

FOR 24 HOURS FOLLOWING YOUR PROCEDURE YOU SHOULD NOT

- Drive a car or use any mechanical or electrical machinery
- Travel alone
- Engage in strenuous activity
- Make any important decisions or sign legally binding documents

SPECIFIC INSTRUCTIONS

Usual medication: If you normally take blood thinning medication (such as Aspirin or Warfarin) check with your Doctor before recommencing this medication. All other medication can be recommenced unless otherwise instructed by your Doctor.

You will be given specific instructions and written information by the nurse prior to being discharged. It is important that you fully understand this information and ask any questions prior to leaving hospital.



FOLLOW UP APPOINTMENT

If you need a follow up appointment with your Doctor this will normally be organised before you are discharged and the details written onto an appointment card or on the Patient Discharge Information sheet. If in doubt contact your Doctor's rooms.

WHEN TO CONTACT YOUR SPECIALIST OR GENERAL PRACTITIONER

If you have any concerns, if bleeding (if applicable) increases significantly, you have severe pain that appears to be getting worse, or if you feel increasingly unwell- please inform your Specialist or Contact your General Practitioner.

Improving Your Health and Wellbeing and keeping you safe

Based on the information you have given us and the further assessments, we identify the following:

AT INCREASED RISK OF A FALL

- In order to reduce the chance of a fall always put on slippers/shoes before walking
- Always take extra care when standing up or getting to your feet or turning around
- We strongly advise you to visit your GP after discharge to discuss your risk of falling

AT INCREASED RISK OF A PRESSURE INJURY (BEDSORE)

Pressure injury is areas of skin that are damaged due to prolonged pressure or friction. You can avoid pressure injuries at home by:

- Not resting in bed or sitting in a chair for long periods of time
- Look after your skin- moisturise if dry, inspect regularly, speak with your GP if you have continence concerns
- Keep hydrated by drinking water
- Eat a well balanced diet

AT INCREASED RISK OF MALNUTRITION

- We strongly advise that you visit you GP for further advice
- Consider consulting a Dietician for advice on specific foods and meals to meet your individual needs

WAVERLEY PRIVATE HOSPITAL

Day Procedure Centre

Phone: 03 9881 7700

After Hours: 03 9881 7683