

IMPORTANT

If you have any problems, contact your Anaesthetist or Surgeon by telephoning his/her rooms. After hours contact your nearest Emergency Department.

The day after your operation a member of staff from the Surgicentre may telephone you at home to ask you how you feel and answer any questions you may have.

If you seek medical treatment in relation to your surgery at the Murdoch Surgicentre, in the first 30 days post operatively, could you please take the time to contact The Clinical Operations Manager on (08) 9438 9990 .



DISCHARGE ADVICE
GENERAL ANAESTHETIC and IV SEDATION

DISCHARGE

Before leaving the Surgicentre please make sure you have the following -

- Instructions – What to do after Surgery?
- Medications, or a prescription for them if ordered.
- Instructions on when to see your surgeon for a post-operative review.
- Receipts for fees that can be claimed under your private health insurance.
- All personal effects, including x-rays.

RETURN HOME AND REST

Remember during the first 24 hours following your anaesthetic it is important to have a responsible adult stay with you and not to -

- Drive or ride any type of vehicle
- Operate machinery
- Drink alcohol
- Make important decisions or sign legal documents
- Travel alone by public transport
- Have a large meal or attend social functions
- Be left alone in charge of children

POSSIBLE AFTER EFFECTS OF AN OPERATION

* **Bruising**

Or pain on the back of the hand or at the site of your injection may be noticed for some days after the anaesthetic.

* **Fever**

You are not expected to have any fever. If you feel warm, have your temperature taken. If it is greater than 38°C call your Doctor.

* **Pain**

You may be given pain-killing drugs as part of your anaesthetic.

The effect of these drugs will persist after awakening and is one reason why patients may feel sleepy after an anaesthetic.

On discharge you may be given a prescription by your doctor. Please take this as directed. Call your Doctor if you have excessive swelling or pain or the operation site becomes cold to touch, blue, tingly or numb.

* **Sore Throats**

This may occur due to temporary measures taken by your Anaesthetist to assist your breathing during the operation. This usually resolves within 24 hours.

* **Muscle Pains**

You may notice quite marked muscle aches for up to 48 hours after the anaesthetic. They are due to the drugs used and are only temporary. They can be minimised by rest and restricted activity during the period.

* **Dizziness**

Is common after a general anaesthetic. After lying down, first sit, and then stand up slowly. Move around carefully. Do not try to stand for prolonged periods.

* **Disturbed Ability to Concentrate**

This may happen to some patients for a day or so after a general anaesthetic and children are sometimes irritable.

DEEP VEIN THROMBOSIS (DVT)

A DVT is a blood clot that forms in a deep vein (usually in the lower leg) due mainly to immobility, especially after surgery. A serious complication of DVT is Pulmonary Embolus, which is when part of the blood clot breaks off and travels to the lung. Symptoms of DVT may include pain, tenderness, swelling, heat and redness of the affected limb. Some people are at increased risk of developing a DVT. Besides immobility, risk factors include;

- Obesity
- Age over 40 years
- Smoking
- Pregnancy or recent childbirth
- Previous blood clot or DVT
- Heart disease
- Family history of DVT
- Taking Oral Contraceptive or Hormone-Replacement therapy
- Certain medical conditions (cancer, thrombophilia, autoimmune diseases).

Avoiding long periods of inactivity is advisable following any surgery, in order to help prevent DVT. If you are concerned that you may have developed a DVT contact your GP, Surgeon or Emergency Department as soon as possible.