

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 9366 1336.



DISCHARGE ADVICE LOCAL / GENERAL ANAESTHETIC

V:IV

If you have had a local anaesthetic, only the points marked with an asterisk (*) are pertinent to you.

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

You must remember that in the 24 hours following your general anaesthetic you must **NOT** -

- 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

SURGERY CARE

- * Keep the dressing dry and clean. The surgery performed will determine the amount of bleeding to be expected. Normally one might anticipate spotting on the dressing. However if the dressing becomes saturated, contact your Doctor. Whenever possible keep the area affected elevated to help decrease swelling and discomfort.

PROTECTION OF AN ANAESTHETISED LIMB

- * The site of the surgery and affected limb may take a few hours to return to normal. The local anaesthetic may block the nerves that normally perceive pain and protect the limb from injury.

Whilst the area is still ANAESTHETISED you should -

- * Protect the limb from injury
- * Be careful not to cut or bump the affected limb
- * Make sure you do not allow the anaesthetised area to rest on hard or sharp surfaces for long periods of time - support it on a soft pillow.

AFTER EFFECTS OF AN OPERATION

Depending on the type of surgery and anaesthetic that you receive you may experience one or more of the following -

- * **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**
If you are likely to experience any pain as a result of the surgery you will 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.