

Day Procedure Discharge information

Patient information



RPI001 - RHC Day Procedure Discharge Info DL - Sept 2014

This brochure sets out important information for you to observe when you are discharged from the hospital after your Day Procedure. It refers to the continuing health care you may require, including the time and location for appointments and the name of the Doctor who will be providing your follow-up care.

Contact your Doctor if you have concerns after discharge: If you or your family have any concerns after discharge please direct them to your specialist or local Doctor.

You must not go home by yourself: Patients must be escorted home by a responsible adult and must remain in their care overnight and where possible for 24 hours post procedure.

The following 24 hours post procedure: It is important that you do not drive, sign legal documents, utilise public transport, work machinery or consume alcohol, until at least the next day but preferably for 24 hours post procedure.

Possible after-effects following your Day Procedure: These statements are guidelines only and if you are at all concerned or uncomfortable you should contact your Doctor.

If you are unable to contact your Doctor please call the hospital and we will attempt to assist you in contacting your Doctor.

Pain due to surgery: If it is likely that you may experience pain as a result of your surgery, you will have been given pain relieving drugs as part of the anaesthetic. The effects of the pain relieving drugs persist after waking from the operation and may be one of the reasons patients feel sleepy after an anaesthetic. You may also be given pain-relieving tablets (or a prescription for them), to take home. If pain increases in severity contact your Doctor.

Nausea: This is less common with modern anaesthetics and if it does occur, is usually only short lasting. If nausea persists maintain fluids but avoid food. Contact your Doctor if nausea does not resolve within 24-48 hours.

Sore throat: This may occur due to temporary measures taken by your anaesthetist to assist your breathing during the operation, and usually disappears within 24 hours.

Discomfort in the arm at the site of the injection: This may occur due to irritation of the vein or slight bruising from the needle or the drugs injected. It may persist for several days.

Muscle pains: You may notice quite marked muscle aches for up to 48 hours after the anaesthetic. These are usually due to one of the drugs that may be used and are only a temporary side effect. This can be minimised by rest and restricted activity during this period.

Regular Medications: If you have been taking blood thinning medications pre-operatively (Aspirin/Warfarin) check with your Doctor when to re-commence these. Most medications can be resumed as normal after an operation.

Impaired ability to concentrate: Some people find their ability to concentrate is impaired for a day or so after general anaesthesia. These symptoms will usually pass and are of no consequence.

Instructions specific to your Day Procedure:

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Appointment follow-up details: You may be required to see your specialist following your procedure. Please refer to the attached appointment card/details.

For a full list of Ramsay Health Care hospitals please refer www.ramsayhealth.com.au