

## Patient information

### Advice After Discharge (After Emergency Surgical Admission)

Surgery and Anaesthetics – Aintree Hospital

**What is my diagnosis?**

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**What operation did I have and who is my surgeon?**

**You had** \_\_\_\_\_

**Your surgeon** \_\_\_\_\_

**Your surgeon** \_\_\_\_\_

**Secretary's no.** \_\_\_\_\_

#### Discharge arrangements

##### You must -

- If you are being discharged on the day of surgery, arrange for a responsible adult to accompany you home, and stay with you for 24 hours following your operation. You must let us know if you're unable to arrange this.
- You need to be able to look after yourself for you to be discharged on your own. Whether you can drive home on your own or not will be decided by your team of doctors (confirm this with the discharging nurse).
- Please ask someone to bring you enough money to cover prescriptions charges, if you have to pay for them. If you have a medicines exemption card, please ask someone to bring this to you.
- Arrange to have a supply of your regular medication and simple painkillers e.g. paracetamol, at home for when you are discharged.
- Inform the nurse as soon as you can if you require a sick leave certificate.

#### Discharge

##### Please note:

- Discharge times may vary according to the nature of your operation or investigations and sometimes there are unforeseen delays.

- Please ask your escort to contact \_\_\_\_\_ for pick up from discharge lounge.
- We also need a contact number for your escort home \_\_\_\_\_.
- **You must not** use public transport or drive during the 24 hours after an operation under sedation or a general anaesthetic.

## Post-Discharge Advice

1. If you have wounds that **require removal of sutures or clips** etc, arrangements will be made for these to be removed in the community by the discharge team. Please confirm the arrangements with the nurse discharging you.
2. If you do not have stitches or clips in your wounds, the community nurse does not need to look at them. Your wounds are usually covered with waterproof dressings and you will be able to take a shower the day after surgery – dab the dressing dry quickly to avoid coming off.

After about five days you can remove the dressing yourself. Please do not take a bath until your wound is fully healed.

3. If you are being **discharged with drains, feeding tube (gastrostomy or jejunostomy) or stoma (needing bags etc.)**, please ask for adequate dressing supplies (or bags) for use at home till you can get more supplies from the community nurse. Please check these arrangements with the discharging nurse.
4. If you have any doubts about your wounds (or drains/tubes/stoma etc), please discuss with the discharging nurse or team of doctors caring for you before leaving the discharge lounge or ward.
5. If you were **admitted, but did not have an operation** then you may have investigations planned on an outpatient basis. Please confirm whether you need –
  - a. **Outpatient appointment.**
  - b. **Referral to other doctor/ department in the same hospital.**
  - c. **Referral to other doctor/ department in another hospital.**

Please clear up any doubts or concerns you may have with the nurse discharging you - before you leave.

## Dietary Advice

- **No specific dietary advice** needed as no operation was done or the condition does not warrant any specific advice.
- **Standard Dietary Advice After Surgery** – Light diet for the first 24 hours, normally returning to your usual diet thereafter. It is not unusual to need to avoid some foods over the next few days - adjust your diet as necessary.
- **Special Dietary Advice** – If you have had a surgical procedure that needs specific dietary advice, then the appropriate dietary advice leaflet will be given for you to follow. If this box is ticked, please ask the discharge nurse for the advice leaflet before going home.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

### **Problems after discharge?**

Please see the following advice if you have any problems at home after being discharged from hospital after surgery. (This applies to the period shortly after discharge – up to two weeks).

#### **A. Contacting during working hours**

(9am - 5pm in the working week)

Please contact the secretary and leave a message for the surgical team. You will be contacted with appropriate advice or management plan.

**If you think that your condition is serious then it is best to come straight to Aintree Accident and Emergency department\*, which can manage serious problems in the best possible manner.**

#### **B. Out of hours**

(after 5pm during working week/weekend/bank holiday)

Please seek advice from your GP for minor complications.

**If you are not sure or if you think it is a serious problem, please come to Aintree Accident and Emergency department\* for a review and further management.**

\*When you come to the hospital please bring this and any other relevant discharge documents that you may have been given at the time of discharge to help the A&E doctors to decide your management.

Aintree has a major Accident and Emergency Department and receives many Emergency Admissions requiring priority over available beds, which may on occasion mean that planned admissions have to be cancelled at extremely short notice.

**Author: Surgery and Anaesthetics- Aintree Hospital**

**Review date: August 2026**

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