

## Patient information

### **Advice Following Discharge After Emergency Surgical Admission and Surgery**

General Surgery and Trauma Aintree Hospital

#### **What is my diagnosis?**

.....

#### **You have undergone the following operation:**

.....

#### **Discharge arrangements**

Arrange for someone to collect you on the day of discharge. Please inform the nursing staff if you are unable to organise this.

Do not drive a car after emergency surgery involving sedation or a general anaesthetic for at least 24 hours post-procedure.

If you need a sick note, please ask staff before leaving.

Check that you have received: any prescribed medications, your discharge summary, and all your personal belongings.

If you experience side effects or allergic reactions: contact your GP, speak with your community pharmacist, or call NHS 111 for advice.

#### **Medicines on Discharge**

On discharge, you may be given a TTO (To Take Out) pack, which can include:

- Pain relief (analgesics): to manage post-operative pain.
- Anti-sickness (antiemetics): to prevent or treat nausea.
- Laxatives: especially if you are taking painkillers that can cause constipation.
- Antibiotics: if there is a risk of infection, ensure you complete the course.

Please make sure you have a full supply of your regular (long-term) medicines at home.

In some cases, you may not need any new medication when you leave a hospital.

If you need more medication after your TTO supply runs out, this will usually be arranged by your GP.

### **Post-Surgical Medication Advice:**

Take pain relief regularly for the first few days, as directed, do not wait until the pain becomes severe before taking medication.

Avoid alcohol while taking certain medicines (e.g. metronidazole or strong analgesics).

Do not drive or operate machinery if you are taking medication that may cause drowsiness or affect your concentration

### **Discharge Summary**

You will be provided with a discharge summary, which includes:

- Details of your presenting complaint and diagnosis.
- Details of your procedure and specialty specific information.
- Arranged follow-up appointments.
- Details of any new medicines started in hospital and any medicines that have been stopped or changed.

Review this summary and ask your doctor, nurse, or pharmacist if anything is unclear.

### **Post-Discharge wound care**

Your wound will be checked by nursing staff before discharge. If needed, you will be given dressings or supplies.

If your wound has packing or needs further wound management/dressing, nursing staff will refer you to the Treatment Rooms for follow-up.

If you cannot get an appointment at the Treatment Room, you may be advised to attend a Walk-In Centre.

If you have surgical stitches or clips, arrangements will be made for removal in the community.

### **Please Note**

Discharge times may vary. Sometimes there are unexpected delays.

You may be transferred to the discharge lounge while waiting.

If you have a drain or stoma, individual advice and follow up will be provided for you on discharge.

### **Bathing and Showering**

Avoid baths until your wound is fully healed.

You can usually shower the day after discharge (dab the dressing dry).

### **Additional advice following emergency surgery**

### **Special Dietary Advice:**

If you have undergone a surgical procedure that requires specific dietary advice, the appropriate dietary leaflet will be provided for you to follow. Please ask the nursing staff for the leaflet before you leave the hospital.

### **Daily physical Activities:**

Engaging in daily physical activities such as walking is part of preventing systemic complications. Please do this as soon as possible.

### **Strenuous Physical Activities:**

If you have undergone a surgical procedure that requires specific advice regarding exercise, the appropriate information will be given to you on your discharge summary.

### **Contact Information:**

If you have any questions after leaving hospital, please contact:

Ward/Unit: .....

Telephone: .....

Out of hours, call NHS 111 for urgent advice.

### **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**

**Medicines Hotline: 0151 529 3208 8.30am-5pm Mon-Fri**

**The switchboard phone number for Aintree Hospital: 0151 525 5980**

**Authors: Emergency General Surgery**

**Review date: October 2028**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی لهلایین تراستهوه پسهند کراون، نهگس داوا بکرنیت له فورماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و ئلیکترونیکی ههیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.