

# Advice After Discharge (Day Surgery or Short-Stay Surgery)

Aintree University Hospital   
NHS Foundation Trust

Division of Surgery and Anaesthetics  
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## Meeting your surgeon and anaesthetist before surgery

You will have the opportunity to meet both the Surgeon and Anaesthetist prior to going into theatre

- Please feel free to ask any questions you may have regarding surgery or after-surgery care.

## How will I feel after the operation?

- When your operation is over, you will be moved to the "Recovery Room" near to the operating theatre.  
  
Here you will be cared for by a specially trained health professional, until you are awake and your condition is stable.
- If you have had a general anaesthetic, at first you will feel drowsy. You may feel sick and sore around the site of your operation.  
  
Your throat may feel dry, like a mild sore throat.

- When you are fully recovered from the anaesthetic, the recovery/ward nurse will offer you something to drink or eat such as tea/coffee, toast or a biscuit.

## What operation did I have & who is my surgeon?

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

## Your Surgeon

## Secretary's No.

## Discharge arrangements

### You must –

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.

- Please bring enough money to cover prescriptions charges, if you have to pay for them.  
  
If you have a medicines exemption card, please bring this with you.
- Make sure you have a supply of your regular medication and simple painkillers e.g. paracetamol, at home for when you are discharged.
- Inform the nurse on admission if you require a sick leave certificate.

## Discharge

### Please note:

- The average day surgery stay is half a day, while short stay surgery is usually overnight or for 2-3 nights.

Discharge times may vary according to the nature of your operation 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 yourself home.

### 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 5 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 until 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.

## Dietary Advice

- **Standard Dietary Advice –**

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.

## 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 2 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 & 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 & 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 easily.*

University Hospital Aintree has a major Accident & 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.



**If you require a special edition of this leaflet**

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**