



A guide to...

Elective Surgery
Discharge Information
Patient Information

Contact details	
Ward:	Beckett Ward St Albans
Phone number:	01727 897418 / 01727 897509
Ward Manager :	Jane Simpson / Nichola Jackson

This information is to help you prepare to leave hospital. You are probably looking forward to getting home and we wish you a good recovery, please speak to ward staff if you have any concerns. This leaflet advises about discharge, what follows and who you can contact if you need further help.

It is important to remember that because you have had a general/local anaesthetic or sedation for your procedure, you must go home and rest.

A general anaesthetic and sedation will affect your judgement, co-ordination, and memory for 24 hours. In this time, you must not:

- Drive a car, operate machinery, use a cooker, ride a bike, sign a legal document, or engage in any activity requiring skill or judgement.
- Take sleeping tablets
- Drink alcohol.

Pain Management

All surgical wounds will cause some discomfort at first and may last for a few days.

You have been given pain relief tablets to take home from the ward. Please take them as prescribed on the box/bottle. Do not exceed the stated dose.

You have not been given pain relief tablets to take home. A mild pain relief tablets such as paracetamol or ibuprofen should be sufficient to manage any pain you may experience. You can obtain these over the counter from your pharmacy. Please take them as prescribed on the medicine's information leaflet included in the box. Do not exceed the stated dose.

Paracetamol containing pain relief was last taken:

Wound care

For most surgical procedures you will have a dressing in place. The discharge nurse will give you information on how to look after your specific type of dressing.

Keep your wound dry for 24/48 hours unless told otherwise. After this time, you may shower.

Remove your dressing if it gets wet and pat (do not rub) the wound dry. Either leave the wound exposed, or if it is rubbing on your clothes, apply a new dressing.

If your wound starts to bleed, apply pressure with a clean towel for 15-20 minutes. If this does not stop the bleeding, please contact the ward or your GP for advice or attend your nearest walk-in centre or emergency department.

Stiches or clips

Your surgical wound has:

- No stiches
- Dissolvable stiches
- Non-dissolvable stiches. These will be removed at:
 - Your outpatients appointment
 - Your GP practice by the practice nurse

Your stiches will need to be removed in _____

Wound infections

Signs that your wound may be infected include:

- redness or heat around the wound
- pain
- swelling
- discharge from the wound
- fever.

If any of these occur, contact your GP for advice urgently or ring NHS 111

Stockings

Please wear your stockings for _____ weeks. You can remove your stockings once a day for 30 minutes to wash and check your legs.

Follow-up appointments

- Your surgeon does not need to see you again in the clinic. If you do need a follow-up, please make an appointment with your GP.
- Your surgeon would like to see you in the outpatient clinic in _____ weeks.
- You will receive an Outpatient appointment letter in the post.

Please telephone the ward on 01727-897509/418 if you do not receive your letter.

Patient Advice and Liaison Service (PALS)

If you have any further concerns/compliments about your treatment or stay in hospital you can contact Patient Advice and Liaison Service (PALS) in confidence.

PALS is open Monday-Friday 9am to 3pm.

Email: westherts.pals@nhs.net

Telephone: 01923 217198

Friends and Family Test

You can also provide feedback about your stay in hospital by scanning the QR code on a smartphone.

This feedback is shared with all staff and will enable us to improve patient experience.



If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals.nhs.uk**



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