

Services after discharge

Services provided by Northeast Health Wangaratta following discharge include:

- Cardiac & Pulmonary Rehabilitation
- Complex Care Service
- Continence Clinic
- Diabetes Education
- Dietetics
- District Nursing
- Falls & Balance Group
- Hospital in the Home (HITH)
- Hydrotherapy
- Occupational Therapy
- Palliative Care
- Post Acute Care (PAC)
- Physiotherapy
- Rehabilitation in the Home (RITH)
- Residential In Reach
- Social Work
- Stomal Therapy

For information regarding any of the above services, please phone:

Community Care Centre
(03) 5722 5555

Before you leave make sure you have:

- Your discharge documentation
- Instruction or exercise information sheets you may have been given
- Prescriptions/medication
- Your personal belongings
- Medical certificate if required
- Xrays you have been given
- A responsible adult to take you home

Discharge information

Information for clients and carers

If you are concerned or have any questions after you are discharged please phone:

Main Switchboard:(03) 5722 5111

Emergency Department:...(03) 5722 5257

Pharmacy:.....(03) 5722 5238

Ask for the ward that you were discharged from and the nurse in charge, or contact your own GP for advice.



PO Box 386, Wangaratta Vic 3676
Green Street, Wangaratta Vic 3677
Phone: (03) 5722 5111
Web: www.nhw.org.au
Email: enquiries@nhw.org.au

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General anaesthetic

General anaesthesia may take some time to wear off.

For at least 24 hours after your anaesthetic:

- Take medication only as prescribed
- Do not drive a car
- Do not drink alcohol
- Do not make important decisions
- Avoid tasks which involve concentration

If you feel nauseous or are vomiting drink small amounts of fluid until you feel better. If symptoms persist phone your local GP or the hospital.

You may have a sore throat after your anaesthetic. This usually does not last long. Mild pain may be relieved by paracetamol.

Your ability to concentrate may be affected for a day or two. This should recover without any lasting effects.

Local anaesthetic

After local anaesthetic wears off, you may feel some pain at the site of your operation. This usually does not last long and should be managed by simple pain relief such as paracetamol.

Local anaesthetic may block your nerves. Take care of your limbs to protect them from damage.

If you have prolonged numbness, change of colour or coldness, phone your GP or the hospital.

Wound care

Please keep your dressing dry and leave it untouched, unless otherwise directed by your doctor.

If you do not have a covering for your wound, it is important to keep it dry and protected from injury.

It is possible there may be slight bleeding at your wound site. Unless the dressing is soaked in blood, leave it intact until reviewed by your doctor or nurse.

If you are at all concerned with your dressing or wound please phone your doctor or the hospital.

Pain

You may have been given pain relief medication during your anaesthetic, or in the recovery room.

If you feel any pain or discomfort it should only be mild and relieved by the medication prescribed for you.

Do not take Aspirin in the initial post operative period, as it may cause bleeding.

If your pain is severe and is not controlled by your medication please call your local doctor or the hospital.

Medications

It is important that you understand your medications and take them as prescribed.

If you are unsure about your medications please phone the hospital Pharmacy, your own doctor or local Pharmacy.

Feedback

If you have any feedback about your stay with Northeast Health Wangaratta, you can contact us:

by phone

Performance Improvement Team

Phone: (03) 5722 5202

by email:

feedback@nhw.org.au

by post:

Director of Performance Improvement
Northeast Health Wangaratta
PO Box 386
Wangaratta Vic 3676