

General Anaesthetic

As the medication used in General Anaesthesia takes some times to wear off completely, you are advised to follow the guidelines listed below for at least 24 hours post anaesthetic:

- Take medication only as prescribed
- Do not drive a car
- Do not drink alcohol
- Avoid tasks which involve concentration or responsible decision making

Nausea and vomiting may occur in the hours immediately following your anaesthetic. If this occurs, the episode is usually not severe and is of short duration, take small amounts of fluid until the symptoms have passed. If symptoms persist contact your local Doctor or the hospital.

You may experience a sore throat as a result of the anaesthetic. The soreness is usually of short duration and should disappear of its own accord. Mild pain may be relieved by Panadol.

Some people find their ability to concentrate is impaired for a day or two, this should pass without any lasting effects.

Local Anaesthetic

After the effects of Local Anaesthetic wear off, you may experience some pain at the site of your operation. This is usually of short duration and should be controlled by simple pain relief, eg Panadol.

Local Anaesthetic may block the nerves, therefore care must be taken with the limb to protect it from damage.

Prolonged numbness, change of colour or coldness must be reported to your Doctor 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, it should be left intact until reviewed by your Doctor or Nurse.

If you are at all concerned with your dressing or wound please contact your Doctor or the hospital.

Pain

You may have been given pain relieving medication during your anaesthetic, or in the recovery room. If you experience any pain or discomfort it should only be mild and relieved by the medication prescribed for you.

It is recommended that you do not take Aspirin in the initial post operative period, as it may cause bleeding.

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

Medications

It is important that you understand your medications and take as prescribed by your Doctor. If you have any queries regarding your medications, please contact the hospital Pharmacy, your own Doctor or local Pharmacy.

Customer Feedback

Should you have any comments or suggestions regarding your stay, please address your correspondence to:

Performance Improvement Manager
Northeast Health Wangaratta
PO Box 386
Wangaratta Vic 3676

or email feedback@nhw.hume.org.au

Services after discharge

Services provided by Northeast Health Wangaratta following discharge include:

- District Nursing
- Post Acute Care
- Palliative Care
- HARP
- Residential In Reach
- Physiotherapy
- Occupational Therapy
- Social Work
- Dietetics
- Diabetes Education
- Stomal Therapy
- Cardiac & Pulmonary Rehabilitation
- Hydrotherapy
- Continence Clinic
- Falls & Balance Group

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

Community Care Centre
(03) 5722 5555

Before you leave make sure you have:

- Discharge document
- Additional post operative instruction sheet where appropriate
- Prescription/Medication
- An appointment if necessary
- A responsible adult to accompany you home
- All personal effects
- Medical certificate if required
- Xrays



PO Box 386, Wangaratta Vic 3676
Green Street, Wangaratta Vic 3677
Telephone: (03) 5722 5111
Facsimile: (03) 5722 5109
Website: www.nhw.hume.org.au
Email: enquiries@nhw.hume.org.au

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Discharge Information

Contact Numbers

Should you have any concerns following discharge please contact the hospital on the following numbers:

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 General Practitioner for advice.