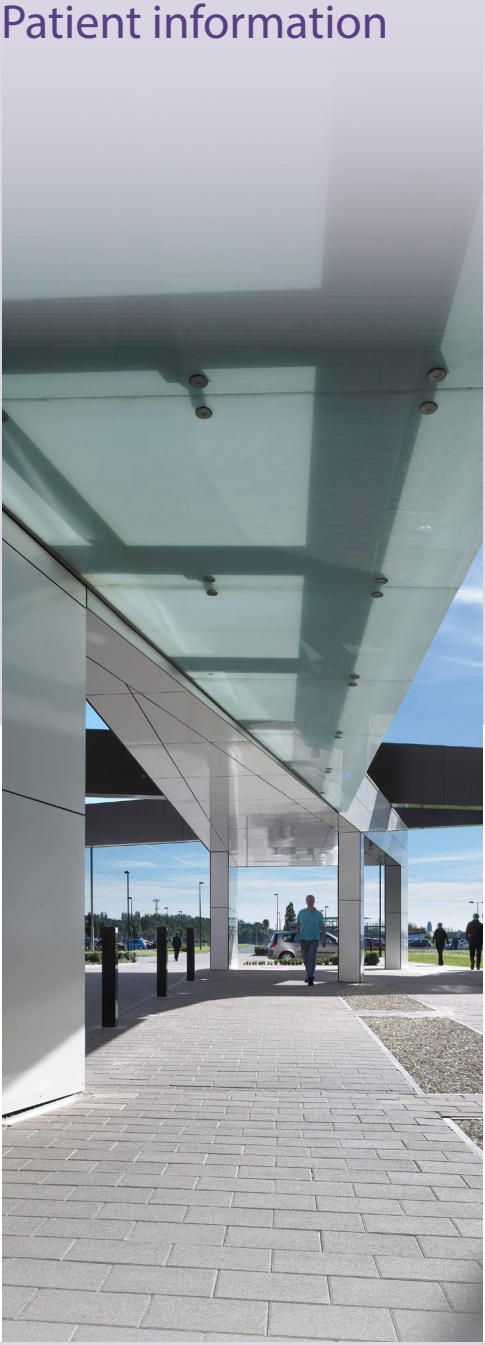
Patient information

NHS
Golden Jubilee



Post operative instructions following minor surgery

Important information for all patients having minor surgery.

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Reviewed: February 2023
Next review: February 2024
Version 8

About this booklet

The purpose of this booklet is to give you information following your surgery.

After surgery

Rest this evening and avoid strenuous activities. If you have had a general anaesthetic, in the next 24 hours you must not:

- drive;
- drink alcohol;
- use non-prescription drugs (other than simple painkillers); or
- use machinery.

If you have had local anaesthetic injections, it may take several hours for the numbness to wear off.

Take your usual medications and any that you may have been given by the nurse today.

It is normal to feel some pain after surgery. You may be prescribed painkillers, otherwise take something simple, e.g. Paracetamol if required. You will be further advised before discharge.

You may feel drowsy or weak for several hours after your surgery. It may take 24 hours for the effects of a general anaesthetic to wear off completely.

A competent adult should stay with you overnight.

You should eat and drink normally as able (unless otherwise advised).

Common side effects are:

- dizziness;
- drowsiness;
- nausea/vomiting;
- sore throat; and
- general aches and pains.

Investigations

If you have had a skin biopsy / or other investigations carried out, it can take between four to six weeks for the results of the specimen to be available to your GP practice. Whilst your GP and ourselves try to ensure that any necessary action is taken when these results are available, you should personally check the outcome. Please contact your GP in the first instance. If there are any difficulties please contact the Golden Jubilee National Hospital.

Wound care

Observe wound site for:
- bleeding or unexpected drainage that does not stop; and
- extreme redness or swelling around wound or drainage of pus.

Your sutures and/or dressings may have to be removed by your:
- Doctor's surgery; or
- Outpatient clinic;

You will be advised of this at discharge.

You may have been advised by the surgeon or a physiotherapist to:
- elevate affected arm or leg when resting and overnight;
- do specific exercises; and
- support wound when moving around or when coughing.

Please follow their instructions at home.

Other advice

You should be advised of a follow up appointment before you leave the hospital.

Contact the hospital if:

- you have severe pain not relieved by medication;
- you have extreme redness or swelling around the wound site or drainage of pus;
- you are unable to pass urine;
- you have continual vomiting; or
- you have a fever.

If your wound starts to bleed once you have been discharged home, you can apply pressure to the site for ten minutes. Keep the pressure applied with something that is dry and clean like a tissue, clean cloth, handkerchief or swabs.

If it does not stop bleeding after ten minutes, apply a cold compress, e.g. a bag of frozen peas wrapped in a pillowcase or towel for 20 minutes. If the bleeding does not stop or is excessive, contact your GP or the Golden Jubilee National Hospital for further advice.

Specific advice

Some procedures may have specific guidelines, these will be detailed below by your nurse if needed:

Contact

If you need further assistance or have any questions, please contact the day unit on 0141 951 5400 during Monday to Friday 7am to 8.30pm. Out of hours you should contact the Senior Nurse via the switchboard on 0141 951 5000.

Notes

Notes

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