

“What to watch out for”

Discharge information for post operative Patients and Relatives

There are many different types of surgery / procedures that the hospital perform, so it is understandable that each patient's recovery is not the same. Post-operative complications may vary, depending upon what type of surgery or procedure you have had.

What type of side effects can I expect and how long for?

It is common to experience a mild amount of pain and swelling at your operation site, mild pain relief for example Paracetamol (please follow the instructions as stated on the box) may ease any discomfort experienced, this should settle within 5-7 days.

You may experience a small amount of clear fluid from your wound. If you have been prescribed Antibiotics, you may experience some diarrhoea (Loose Bowel motions). If you have been taking strong pain relief, example Co-Codamol (Codeine) you may experience some constipation.

What signs and symptoms should I watch out for?

- Increased swelling and redness around the wound site
- Increased or severe pain
- Feeling feverish (shivering) with high temperature
- Blood or pus leaking from the wound
- Opening of your wound
- Nausea / Vomiting
- Difficulty swallowing
- Continuous Hiccoughs (Hiccups)
- Coughing up blood
- Passing blood from the back passage
- Bowels not opened for more than 3 days
- Not passing flatulence (wind)
- Abdominal distension / bloating
- Inability / difficulty passing urine
- Chest pain

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

- Shortness of breath
- Pain / swollen calves
- Feeling faint
- Yellowing of the skin / whites of the eyes (jaundice).

How can I help myself?

- Gentle exercise can help prevent Deep Vein Thrombosis (DVT) or blood clots
- All patients should try to mobilise frequently to help prevent this
- Deep breathing
- Keep on top of pain relief
- Drink plenty of fluids
- Eat a healthy diet
- Diabetic patients to keep blood sugars stable.

Some of these complications can be prevented. Gentle exercise can help prevent Deep Vein Thrombosis (DVT) or blood clots. Deep breathing can help prevent chest infections, it is advised to keep on top of your pain relief, this will allow you to perform gentle exercise, and continue with your activities of daily living. If you are taking strong pain relief, please take a mild laxative (for example: Lactulose), if your bowels slow down. Drink plenty of fluids as hydration and nutrition plays a vital role in the recovery process. It is essential for diabetic patients to keep blood sugars stable.

What should I do if I am suffering from these symptoms?

If you suffer from any of the listed signs / symptoms within 10 days of your discharge, please contact the SEU (A9) on 01902 694004 / 695004 to discuss this with one of our senior nursing team.

If a follow up appointment with your Consultant is required following your discharge and has not been received within 4 weeks please contact the Consultants' secretary via switchboard to assist you.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。