

When can I go home?

After surgery you will be taken to a quiet area inside the hospital to recover. You will be discharged once the doctor or nurse says you can go home.

Discharge information

After surgery we will give you a copy of your operative record. Take this with you if you need to visit your GP. The nurse may give you some specialist post-operative instructions and will tell you if you need an appointment for a follow-up.

We may also give you a prescription for medication to take after your surgery. It is important you collect your prescription quickly and follow the instructions closely. If you are unable to get the medication, please let the staff know.

The hospital or Te Whatu Ora - Health NZ district may contact you the following day. You may receive a follow-up text from Mobile Health four weeks after surgery.

Getting home after your operation

Please ensure you have arranged for someone to drive you home because you are not allowed to drive after anaesthesia or medication. If you live alone you should try and stay with someone overnight, in case you feel unwell. We recommend you have an adult stay with you for 24 hours after surgery.

Taking care after your operation

Remember: If you have had a general anaesthetic or sedation you **must not** operate any machinery, drive or make important decisions or sign legal documents for at least 24 hours.

Surgery site

Keep the dressing clean and dry. The amount of bleeding depends on the type of surgery that you have and a small amount of spotting on the dressing is normal. You may change the dressing if you were given spares after your surgery.

If the dressing becomes saturated and you have active bleeding seek medical assistance immediately, either GP or emergency care. Apply pressure until you get help.

Keeping the surgery site elevated will decrease swelling and discomfort.

Pain relief

If the nurse has given you a prescription take this as directed for pain relief. Otherwise, take paracetamol (Panadol/Pamol) to control pain, and follow the directions on the packet.



Take notice of changes

If your operation wound becomes red, swollen, painful or discharges any fluid, you must contact your GP immediately. If you start being sick and can't stop you must contact your GP immediately.

CONTACT YOUR DOCTOR IF ANY OF THE FOLLOWING OCCUR:

- Severe pain, increased or excessive swelling.
- Persistent discharge or excessive bleeding.
- Progressive heat and redness of the skin around the wound with increased pain and chills or fever.
- Difficulty moving.
- Pain, swelling or tenderness in calf or thigh.