

When can I go home?

After surgery you will be taken to a quiet area inside the health facility 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 Health NZ - Te Whatu Ora district may contact you the following day. You may receive a follow-up text from Mobile Surgical 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.

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.



IMPORTANT:

If you are concerned following surgery, contact your GP, after hours or dial 111.

If you need to speak to a surgical unit nurse, please call 0800 733 677.

SEEK ASSISTANCE 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.

Your rights

We strive to uphold your rights as outlined by the Health and Disability Commissioner.

If you feel your needs haven't been met, please contact us on 0800 544 111.

For independent and confidential support, reach out to the Nationwide Health and Disability Commissioners Advocacy Service at 0800 555 050.

Your information

You can access your patient notes anytime by contacting us. For further information, you'll be directed to the relevant Health New Zealand district.

