

## AFTER THE ANAESTHETIC

Following the administration of drugs to make you sleepy, there are a few things you **must not** do for up to 24 hours.

1. DRIVE A VEHICLE
2. DRINK ALCOHOL
3. SMOKE
4. MAKE IMPORTANT DECISIONS
5. SIGN LEGAL PAPERS
6. OPERATE HEAVY MACHINERY
7. ENGAGE IN STRENUOUS ACTIVITY

## WHAT CAN I EAT OR DRINK?

Eat and drink as you feel able. If you feel nauseated (sick), drink clear fluids before you begin eating a light diet.

## WHEN SHOULD I REMOVE THE BANDAID OR DRESSING?

If you have a bandaid on the site of your procedure, please remove it **within 24 hours**. If you notice any redness or swelling please notify the nurse at the Pain Clinic immediately.

Any dressing larger than a bandaid **MUST** be left intact until you see the doctor.

## WHAT ABOUT MY MEDICATIONS?

Continue taking all prescribed pain medications as instructed by your doctor.

If you are not taking prescribed pain medications, please speak with a pharmacist for advice on over the counter medications.

If it has been suggested to take paracetamol, you must remember **not to take** more than 8 tablets each 24 hours.

**1-2 tablets** containing 500mg of paracetamol may be repeated every 4-6 hours if necessary.

### DO NOT take paracetamol if:

- you have an allergy to it or any ingredients in the formulation
- you have liver or kidney problems
- you drink large quantities of alcohol

| Date/Time | Medication | Route | Dose | Signed |
|-----------|------------|-------|------|--------|
|           |            |       |      |        |
|           |            |       |      |        |

## AFTER YOU LEAVE

You can phone and speak with a nurse overnight if you are concerned on **0437 302 342**.

**Dial 000** for an ambulance if you are worried and take this brochure with you.

You can phone a nurse at Hunter Pain Clinic on **02 4985 1800** between **8.30am & 5pm** for other inquiries.

## ANY COMMENTS

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Signed: \_\_\_\_\_ Designation: \_\_\_\_\_

## YOUR RIGHTS & RESPONSIBILITIES

All clients, patients and visitors have rights & responsibilities when accessing health services.

At Hamilton Day Surgery we refer to the Australian Charter of Health Care Rights.

### YOU HAVE THE RIGHT TO:

- Access services to address your health needs
- Receive safe and high quality health services provided with professional care, skill and competence
- Receive care that shows respect to you and your culture, beliefs and values
- Receive open, timely and appropriate communication in a way that you understand
- To be included in making decisions and choices about your care and health service planning
- Privacy and confidentiality of personal health and other information
- Complain or comment about your care and to have any concerns addressed

### YOU ARE RESPONSIBLE TO:

- Provide accurate medical and personal information
- Follow discharge instructions provided by the Day Surgery
- Respect the rights & privacy of other patients and visitors



## COMPLAINTS/COMPLIMENTS

If you have any concerns about your treatment, or wish to compliment a staff member, please feel free to speak to your nurse or doctor or to the Director of Nursing.

Alternatively you may contact the NSW Healthcare Complaints Commission toll free on 1800 043 159 or by phoning 02 9281 4585.



Hamilton Day Surgery Centre

CONTACT US

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Hamilton Day Surgery Centre

Hamilton Day Surgery

## POST OPERATIVE GUIDE

For you and your carer



A better way to care

2ND EDITION

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