

# PATIENT DISCHARGE INFORMATION

BRADMA

## Your procedure details

Your procedure:

Your discharge date:

Your Patient Navigator / Care Coordinator:

Your discharge nurse was:

## Your outpatient appointments

Your next appointment date(s) will be:

- ☐ Given to you before you leave.
- ☐ Sent to you in the mail or you will be called.

If you do not get an appointment or you need to change it, please call (03) xxxx xxxx and ask for your Patient navigator or Care Coordinator as listed above.

\*If you were referred by a private doctor, please contact your doctor's private rooms for a follow up appointment.

## What you can do after your procedure

### If sedation or general anaesthetic was used:

- You must have a responsible adult to take you home and stay with you overnight.
- Do not drive a car for 24 to 48 hours.
- Do not operate machinery, sign legal documents or make any important decisions for 24 hours.
- Rest for the remainder of the day.
- Avoid alcohol, drugs, and/or smoking for 24 hours. These can interact with the medicine used in your anaesthetic.

### If local anaesthetic was used:

You can leave the hospital on your own but you must be careful of the treated area. The treated area will stay numb for a few hours

### If spinal anaesthetic was used:

Please seek medical advice if you experience any of the following:

- New back pain
- Loss of bladder or bowel control
- Fever (temperature above 38 degrees).
- Leg weakness or numbness
- Bleeding from procedure site.
- Severe headache.

## Complications to watch for

Complications or problems can happen after your procedure such as.:

- Excessive pain
- Bleeding or swelling
- Infection
- Deep vein blood clot in the legs, arms and/or lungs, this is called '**thromboembolism**'.

If you are concerned about any of the symptoms below, please see your local doctor or go to a hospital.

- Severe pain that you feel after you take pain medication
- Ongoing vomiting and/or nausea
- Fever, sweats or chills with a temperature above than 38 degrees.
- Increased redness, tenderness, and/or odor or swelling around your wound or procedure site
- Heavy or ongoing bleeding from the wound or procedure site
- Unexplained leg pain, swelling and/or redness
- It is hard to breathe.

## What is thromboembolism?

Thromboembolism or VTE is a blood clot in your body. It can happen after surgery. You can get a VTE even after you leave the hospital. If a VTE happens, it is usually in the first week after surgery. However, VTEs can happen up to 90 days after surgery.

If you get any of the following signs, it is important to call **000** or go to your nearest hospital Emergency Department immediately.

VTE signs can include:

- Unexplained leg pain
- Swelling or redness in the leg(s)
- It is hard to breath
- Chest pain
- Coughing up blood.

## What to do in an emergency?

**Always call 000 if:**

- It is hard to breathe
- You have chest pain
- You are coughing up blood
- There is heavy ongoing bleeding.



### Contact us

If you have any concerns or questions, please contact your local doctor (GP) or call us:

- Monday to Friday  
8:30am - 4:00pm  
(03) xxxx xxxx
- Afterhours, weekends or public holidays, call main switch on (03) xxxx xxxx and ask for the Afterhours Hospital Coordinator.

In the event of an emergency, please dial **000** for an ambulance or go to your nearest hospital emergency department.

## Your medications

Is the medications section relevant to you? ☐ Yes ☐ No

You may be given a prescription that will be discussed with you before you leave the hospital.

Medication Name	Date	Time

## Your special recommendations

Activity recommended	
Diet or Fluids recommended	
Compression Stockings	
Dressing or Wound Care	
Other extra information	