

# Discharge instructions after a surgical procedure

Surgery



Beter voor elkaar

This leaflet provides information, postoperative instructions and points of attention that are important to you. This information is especially for patients going home after surgery or admission.

You can find more information about the nursing wards 4B / 4CJ / 4D / 5A on the [www.ikazia.nl](http://www.ikazia.nl) website.



## **Outpatient appointment**

- o You have been given an appointment for a visit to the Surgery
- o Outpatient Clinic.

An appointment for a visit to the Surgery Outpatient Clinic will be sent to you.

If you find out at home that you cannot come to your planned outpatient appointment, please call the outpatient clinic.

- o You do not need an outpatient appointment.
- o You have been given a telephone appointment, you do not have to come back to the outpatient clinic.



## **Follow-up call**

If you were admitted to 4CJ for day treatment, the nurse from our ward will call the day after the procedure to ask how you are doing after the surgery. If, due to circumstances, you do not receive a call, you can always call the ward.

If you were admitted to ward 4B or 4D, then the nurse will call you two days after discharge. If you were helped on Friday, we will call you on Monday.

We call via 'number unknown', in case you have caller ID. We would appreciate you completing our patient satisfaction survey. You will receive an e-mail with a link to the survey.

### General advice

- Listen carefully to your body, accept the limits set by your body.
- Smoking increases the risk of complications, so it is better to stop. If you are interested, you can request the 'Stop Smoking Clinic' leaflet.
- Exercise is important. It reduces the risk of thrombosis.

## **You should always consult a doctor in the following cases:**

- o For pain symptoms that get worse or do not improve, and when painkillers do not help enough.
- o If the wound is red and swollen.
- o In the case of fever (temperature above 38 °C).
- o In the case of poor blood flow in the fingers or toes if you have a plaster cast or pressure bandage.
- o When in doubt, please call!



## Medication agreements

- o Day treatment and short stay

After the procedure, you can take 1000 mg paracetamol 4 times a day (if you are in a lot of pain). You can reduce this yourself when the pain subsides.

You may have received a prescription for extra pain relief from the anaesthetist at the Preoperative Outpatient Clinic. Take these painkillers at the times indicated by the pharmacy. The nurse will advise you about this pain medication at the discharge consultation.

If there are any major changes to your medication, the nurse will provide you with an up-to-date medication overview.

Notes:

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- o General Surgery

After your discharge, you will receive an up-to-date overview of your medication from your local pharmacy. It also lists the medication you will be taking after surgery.

- o Prescription medication.

- o You must administer thrombosis injections for ..... days, you will receive a leaflet about this.

- o You have been (re-)registered with the thrombosis service; you will receive your schedule when you are discharged from the hospital.



## Stitches

You can leave the adhesive plasters on until they fall off on their own, you can shower with them.

If your stitches are not dissolvable, they will be removed:

- o At your outpatient appointment.
- o By your GP or at your care home or nursing home.

Wound care

- o The plaster or bandage must be left in place for 48 hours after surgery. If you go home before that time, you may not shower or remove the bandage until two days after surgery.
- o You may not take a bath, go to the sauna or get in the swimming pool for 10 days.
- o An open wound can get wet. It is good to rinse the wound in the shower after removing the plaster or bandage. You should rinse the wound 2 to 3 times a day. Rinsing makes the wound cleaner, heals the wound faster and reduces the risk of infection.
- o After using the toilet, you should rinse the wound well and cover it again with a bandage.
- o The ointment and gauze should be changed every time after urination.

Mobility

- o It is best to raise your leg a little for the first few days. This will reduce the chance of your knee or foot swelling. When sitting, it is better not to put a cushion under your knee.
- o You may put weight on the knee or foot, but you must take it easy. Do not exceed your limits.
- o It is important to move, but do not go beyond your own limits.
- o You have a plaster cast, you will receive a leaflet about this.



## Postoperative instructions

- o You may lift things as usual;
- o You may not perform heavy work or intensive sports for weeks;
- o When the wound has healed, you may resume your normal activities;
- o You must apply counter pressure to support the wound when you cough, sneeze or get out of bed;
- o Keep your arm in a sling and keep it raised;
- o Move your arm gently for the first few days;
- o Wear a tight sports bra day and night for ... weeks;
- o Wear tight underwear for support;
- o You may experience pain in your shoulders for the first 24 hours;
- o You must wear Thrombexin (compression) stockings day and night for two weeks;
- o You must wear compression stockings for ..... weeks and        hours per day;

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## Who should I call?

At home or in the follow-up institution, questions or problems can always arise. You can then contact the hospital.

- You can contact the outpatient clinic of your specialism during office hours.
- If you call during public holidays, at the weekend, in the evening or at night, you can contact the Accident and Emergency Department (A&E).

## Important phone numbers:

<b>A&amp;E</b>	T +31 (0)10 297 5300
<b>Surgury Outpatient Clinic</b>	T +31 (0)10 297 5220
<b>Ward 4C/J</b>	T +31 (0)10 297 5224
<b>Ward 4A</b> 5241	T +31 (0)10 297
<b>Ward 4B</b> 5244	T +31 (0)10 297
<b>Ward 4D</b> 2320	T +31 (0)10 290
<b>Ward 5A</b> 5251	T +31 (0)10 297

There is a lot of information on the hospital website!  
[www.ikazia.nl](http://www.ikazia.nl)







**Let op:** In deze folder staat informatie die belangrijk is voor u. Heeft u moeite met de Nederlandse taal? Lees deze folder dan samen met iemand die de informatie voor u vertaalt of uitlegt.

**Please note:** This leaflet contains information that is important for you. If you have trouble understanding the Dutch language, you should read this leaflet together with someone who can explain the information or translate it for you.

**Dikkat:** Bu broşür sizin için önemli bilgiler içerir. Hollandaca okumakta zorlanıyor musunuz? O zaman broşürü bilgileri sizin için çeviren ya da açıklayan biriyle okuyun.

**Uwaga:** Ta ulotka zawiera ważne dla Ciebie informacje. Masz trudności ze zrozumieniem języka holenderskiego? Przeczytaj tę ulotkę razem z kimś, kto przetłumaczy jej treść lub będzie w stanie wyjaśnić zawarte w niej informacje.

**انتبه:** هناك معلومات مهمة بالنسبة لك في هذا المنشور. هل تواجه صعوبة في اللغة الهولندية؟ اقرأ إذن هذا المنشور مع شخص آخر يترجم أو يشرح لك المعلومات.

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[www.ikazia.nl](http://www.ikazia.nl)

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