

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Department of Plastic & Reconstructive Surgery Ward L5

Patient Information

General patient discharge information

Document history

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Discharge information

Appointments

If you require a follow up appointment with a consultant or to be seen in the plastics dressing clinic you will receive notice of this appointment in the post for you to return to the hospital out-patient department.

However, you may only need to see your practice nurse for a follow up– it is your responsibility to book this appointment.

Pain relief

Some discomfort after surgery is to be expected. You may have been given pain killers on discharge. Continue taking these as instructed on the packet. If you did not receive painkillers on discharge, it may be because you did not require any at that time. In this situation, if you do require pain relief, paracetamol is advised.

Sick leave

Depending on your type of work your doctor will recommend how long you should refrain from work. The ward can issue you with a sick certificate upon request or you can obtain one from your GP.

Driving

You should ask your doctor how long you should avoid driving. You should check this with your insurance company to confirm your insurance remains valid.

Household Chores

Depending on the type of surgery you have had, you are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing. These activities need to be re-introduced gradually.

Complications

It is important for you to be aware of the signs and symptoms of wound infection. These may include

- Redness
- Swelling
- Fever
- Wound discharge
- Pain that is not relieved by your normal pain killers or gets steadily worse.

Please do not hesitate to contact the ward if you have any questions or problems arise with regards to any aspect of your recovery on 01223 348503