

## Driving

You must not drive for at least 24 hours following your general anaesthetic. You must be fully mobile and able to operate the controls of the vehicle and do an emergency stop comfortably and safely. This can take between 1-2 weeks depending on the nature of your surgery. The Driving Vehicle Licensing Agency (DVLA) advises you to call your insurance company to inform them when you are driving again.

## Follow up appointment

Your follow up appointment is in outpatients .....

- Yes in ....., this will be posted to you.
- No, not required.

## Reference source

www.nhs.uk

## Contact details

If you require further advice, please do not hesitate to contact us.

### Day Surgery Unit

Telephone: 01483 406783

Monday–Friday, 8am–6pm

### Surgical Short stay Unit

Telephone: 01483 406828

**Out of hours advice:** Call 111

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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# Minor Surgery under General Anaesthetic

## Day Surgery Unit & Surgical Short Stay



## Patient information leaflet

Your Operation:

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This leaflet contains advice regarding how to take care of yourself and your wounds after your general anaesthetic.

If you have any questions or worries relating to the operation itself, you will have the chance to speak to your surgeon before your operation takes place. Also, please ask the nursing staff any questions you may have.

### **Are there any alternative procedures?**

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This leaflet covers a wide variety of procedures; therefore, there may be alternative interventions, so please ask your doctor.

### **Potential risks and complications**

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Complication during and following your procedure are rare.

They include:

- Excessive bleeding, if this occurs apply direct constant pressure for 15-20 minutes.
- Excessive swelling, you can add a cold compress to the area i.e. frozen peas, this should help relieve the symptoms. If possible elevate the area.
- If your wounds become very tender, red and swollen please contact your own GP.

### **After your Operation**

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#### **Will it hurt?**

Some discomfort is to be expected after any type of surgery. You may have local anaesthetic injected into the operation area to keep it comfortable. This should last for around 4-6 hours after being put in the wound. When you feel the local anaesthetic starting to wear off, and it is time, take one of your painkillers you have been given or advised to take.

You may be prescribed some painkilling tablets to take home. These carry a prescription charge, unless you are exempt.

#### **Wound care**

If your wound has been stitched these should be kept covered, clean and dry for ..... days. The nursing staff will advise you if the stitches are dissolvable/ non-dissolvable. Please arrange to have non-dissolvable stitches removed with your practice nurse at your GP surgery in ..... days.

If your wounds become red, swollen, very tender or develop a discharge then please contact your own GP or the ward you were a patient on.

You may get some swelling to the operation site, this can be expected for a few days. This is temporary, however if you are concerned contact your own GP.

#### **Activity**

You can resume your normal activities as soon as it is possible to do so. Avoid any activity that may pull or damage your stitches until they have been removed or dissolved. The nursing staff will be able to advise you further on this.

#### **Work**

You are advised to take at least 24 hours off work after your general anaesthetic to allow you to recover. Depending where on your body you had your operation and what work you do, will determine how long your need off work. The Doctors and nursing staff can help advice you of this.

You can be provided with a doctor's sick certificate if you require one.