

This brochure will provide information for your recovery at home. Please keep this in a safe place to refer to over the next few days.

### Going Home

This operation is usually done as day surgery. You will be able to go home once you have recovered from your anaesthetic.

Anaesthesia can affect your co-ordination and reasoning skills. Please do not drive a car, ride a motorbike or bicycle, operate machinery or sign legal documents for at least 18 hours after your surgery.

You can start driving when you feel comfortable but you cannot legally drive for 18 hours after an anaesthetic. Please sit in a stationary car and try pressing the brake pedal. You must be able to make an emergency stop without any discomfort.

### Please contact your GP (Doctor) if:

- You have increased pain
- You have a fever (temperature)
- Passing of blood clots
- You have difficulty going to the toilet
- You have nausea (feeling sick) or vomiting
- You notice one or both of your calf/s has become sore to the touch, is red or there is an increase in size of your calf/s.

**In an emergency dial 111 for ambulance assistance.**

### Pain relief

You may have a sore throat from the breathing tube used in surgery. Sucking on ice or ice-blocks may help.

Unless told otherwise by your doctor, take Paracetamol (Panadol) every four to six hours for the first day after surgery. Do not take more than 8 tablets in a 24 hour period. Please tell your doctor if you have an allergy to Paracetamol.

You last had: \_\_\_\_\_

Do not take: \_\_\_\_\_

You may be given a prescription for laxatives (stool softeners) to help you keep your bowel motions soft. Please take the laxatives as prescribed.

Discomfort and tiredness are common side effects during the first few days after surgery. Please see your GP if these side effects last longer than 7 days.

### Wound Care

Keep your bottom as clean as possible after opening your bowels. Try to use baby wipes (non-perfumed) instead of toilet paper if possible.

Bleeding or discharge is common and may last for 1-3 days. You may want to wear a pad to protect your clothing.

Your wound may feel itchy, tingly and slightly lumpy. Try not to scratch the area as you may pull out the Seton suture.

You can shower as normal, pat the wound dry without rubbing after. You should not swim or sit in a spa pool. Do not use creams, powders or perfume as these can irritate the area where the Seton suture is.

[continued]

## Diet and Fluids

You can eat your normal diet after surgery. Constipation (not being able to poo) can be a problem for some people after surgery. Include plenty of fresh fruit, vegetables and water in your diet to keep your bowel habits regular.

## Activity and Exercise

You will need to take it easy and rest for the first day. Then return to your normal activity when comfortable to do so. You should be able to return to work in 24 hours but do not sit for long periods.

Sexual activity can be resumed when you feel ready.

## Follow-up

Your follow-up appointment will be posted to you and is expected to be in \_\_\_ days/week/month.

If you cannot keep your appointment please phone 0800 999 442 as soon as possible to rearrange for another time.

Follow-up with GP

No follow-up required

Date: \_\_\_\_\_

Nurse: \_\_\_\_\_

## Contact us

If you have any concerns or questions following discharge from hospital, please contact your own family doctor (GP) or one of the Afterhours medical centres.

**In an emergency dial 111 for ambulance assistance.**

### Afterhours medical centres;

- **Kenepuru Hospital accident and medical.** Open 24 hours a day. Phone 04 918 2300
- **Paraparaumu team medical Coastlands Shopping centre.** Open 8am – 10pm daily. Phone 04 298 2228
- **Waikanae medical centre.** Open Monday – Thursday 7pm – 8am and Friday 5pm – 8pm or anytime weekends and public holidays. Phone 04 293 6002
- **Accident and urgent medical centre Wellington.** Open 8am – 11pm daily. Phone 04 384 4944

If you are unsure if you need to visit your GP or Afterhours medical centre you may wish to call **Health Line** for free advice. Open 24 hours a day. Phone 0800 611 116.