

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

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 should not drive for at least 3 days. 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)
- Increased bleeding or passing of blood clots
- Your wound is red or warm to the touch
- You have a thick and/or smelly ooze from your wound
- You have difficulty going to the toilet (constipation)
- 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.

Pain and discomfort in your bottom is normal and can last 2-4 weeks.

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 (going poo). Try to use baby wipes (non-perfumed) instead of toilet paper if possible or showering. You should avoid constipation.

Bleeding or discharge is common and may last 1 – 3 days. You may want to wear a pad to protect your clothing. Your stitches are dissolvable and will start to dissolve or fall out within a week or two.

You can shower as normal, pat the area dry without rubbing after. You should not swim or sit



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in a spa pool until your wound is completely healed. Do not put creams, powders or perfume near your wound while it is still healing as these can irritate the skin.

As your wound heals it may feel itchy, tingly and slightly lumpy. Try not to scratch or pull of the scab as these help your wound heal.

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 an anaesthetic. Include plenty of fresh fruit, vegetables and water in your diet to keep your bowel habits regular.

Activity and Exercise

You will need to relax and rest for the next two days then return to your usual activity as you can.

You should be able to return to work in 7-21 days depending on the type of work you do. Do not sit for long periods until your wound is healed.

It is important for your recovery to do some gentle exercise each day, walking is best. No heavy lifting, pushing or strenuous exercise or contact sports for 14 days to help your wound heal.

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/weeks/months.

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

After-hours 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.

