

Follow-up appointment date:

Time:

Doctor:

Place:

If you have any comments or areas of concern that you would like the management of Kareena Private to be aware of, please leave your suggestions (in writing) at the Reception Desk.



This hospital is a no smoking facility except in those areas of the grounds clearly marked. Smoking is not permitted within 4 metres of any entrance to the hospital.



**Kareena
Private Hospital**
Part of Ramsay Health Care

86 Kareena Road
Caringbah NSW 2229
Ph: 02 9717 0000
kareenaprivate.com.au

KarPH After Effects DL October 2019



Patient Information

After Effects of Surgery

 **Kareena
Private Hospital**
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This brochure sets out important information for you when you are discharged from the hospital after your procedure. It contains continuing health care you may require, including the location for appointments and the name of the Doctor who will be providing your follow-up care.

Possible after effects you may experience depending on your surgery and anaesthetic:

- PAIN may be experienced after surgery. You will be advised on what tablets to take OR be given a prescription by your Doctor
- NAUSEA and VOMITING are occasionally experienced after anaesthetic. Maintain fluids but avoid food. Call your doctor if it persists longer than 24 hours
- SORE THROAT may occur during temporary measures taken to help your breathing during surgery and will almost always disappear within 24 hours. Throat lozenges help to ease the pain
- MUSCLE PAIN may be noticed for up to 48 hours. Rest will minimise muscle aches
- DISTURBED ABILITY TO CONCENTRATE is experienced by some patients for a day or so after surgery. Children may be irritable. These feelings should pass
- VISUAL DISTURBANCES Occasionally patients may experience difficulty with vision for several hours. This will pass with time

Remember it is normal to feel dizzy and a little sleepy for several hours if you have had a general anaesthetic for your operation

Discharge

You will be given instructions about your after care, a prescription for any required medicines and a follow up date. You will need to make the appointment time

YOU SHOULD NOT:

- Drive
- Operate dangerous machinery or domestic appliances
- Sign any important papers or make significant decisions
- Engage in sport, heavy work and heavy lifting
- Drink any alcohol

For at least 24 hours after surgery

REPORT TO YOUR DOCTOR OR PHONE THE HOSPITAL

(Ph: 9717-0000 and ask for the Nurse-in-Charge) if:

- Bleeding persists longer than your doctor advised
- If vomiting persists
- If any other matters worry you

Post operative instructions:

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Wound management (dressings, what to look for):

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