DAY SURGERY  
Postoperative information following

Post-operative Care:

Pain Medication:

Other:

**You are advised to rest at home for the remainder of the day**

**DO NOT DRIVE UNTIL TOMORROW**

*As the anaesthetic drugs may affect your body for 24 hours*

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Please telephone for your follow up appointment with Dr ________________________________

For review in ________________________________

Obstetric Outpatients Clinic Level 0:  9382 6048  Gynaecology Outpatients Clinic Level 2:  9382 6248
Colposcopy Clinic: 9382 6240 9382 6249
Professorial Suite:  9382 6677  Fax: 9382 6246

Professorial Suite:  9382 6677
Breast Centre: 9382 6610

**SHOULD YOU HAVE ANY CONCERNS OR PROBLEMS, PLEASE CONTACT**

- **YOUR DOCTOR**
- **DAY SURGERY UNIT**  Monday-Friday, 8am-5pm.  Ph: (02) 9382-6650
- **NURSE MANAGER**  After hours.  Ph: (02) 9382 61 11

Within a few days of your surgery a nurse from the Day Surgery Unit will telephone you to enquire how you are progressing. Please discuss any problems or concerns that you may have regarding your recovery or follow up.

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**General information / possible side effects to guide you through your recovery**

**PAIN**
May be experienced after surgery. If necessary the pain relieving medication prescribed for you by your doctor or readily available medications such as Paracetamol or Paracetamol plus Codeine or Naprosig.  
DO NOT TAKE ASPIRIN unless specifically advised by your doctor.

**WOUND CARE**
Some minor bleeding or ooze may be experienced.

**NAUSEA**
May occur. If so, it should be of short duration only. If nausea and/or vomiting persist please seek advice from your local doctor. If you are not nauseated, return to your normal diet.

**DIET**
Gradually return to your normal diet. Extra fluids will be beneficial for your recovery.

**SORE THROAT**
You may experience some irritation and soreness as a result of your anaesthetic. This will usually settle within 24 hours and can be relieved by taking throat lozenges or Paracetamol.

**MUSCLE PAIN**
May be noticed up to 48 hours after your anaesthetic. Rest will minimise muscle pain.

**INABILITY TO CONCENTRATE**
May be experienced for a day or so after surgery. This is a temporary side effect and is not a cause for alarm.

**PAIN OR BRUISING ON THE BACK OF THE HAND OR FOREARM**
This is most probably caused by the anaesthetic injection and should not require any treatment.

**ACTIVITIES**
You may feel the effects of the anaesthetic for up to 24 hours. Please do not:
- Travel alone
- Drive a motor vehicle
- Operate hazardous machinery
- Make any important decisions
- Engage in exercise or heavy work
Please check with your doctor as to when vigorous exercise can resume