

BEFORE DISCHARGE:

When you are discharged from outpatient surgery, you will be given the following documents (if necessary):

- A prescription for pain relief medication and wound care as required
- A prescription for receiving care at home, if necessary
- Medical leave from work, if necessary
- The date for a post-operative follow-up appointment

CONDITIONS FOR RETURNING HOME ARE:

Please do not drive.

Means of transport: preferably in a private car, and you must be accompanied by an adult.

Presence of someone to help you at home over the first night.

THE FIRST 24 HOURS FOLLOWING THE OPERATION:

- Do not smoke immediately after sedation or an anaesthetic
- Do not drive a vehicle or use dangerous tools or machines
- Rest, do not exert yourself
- Do not consume any alcohol or sedatives
- Do not make any decisions or commitments which may incur your own responsibility

Essential skills for being discharged:

- Identification of warning signs that require contact with the doctor
- Treatment and monitoring of pain-relief medication
- Conditions for resuming personal treatments, particularly in case of anti-coagulant treatment

THE FOLLOW-UP

- 0 The nurse will telephone you at home on the day after your operation to get a report on your first night
- 0 You have an appointment at the outpatient clinic or with your doctor the day after your operation
- 0 No call

The healthcare staff is available to answer any questions you may have or clarify any points about which you may be unsure.

If you have the slightest health-related problem, please call:

> Before 6pm:

The outpatient surgery unit:

Adagio Tel:

+352 2468 6758

+352 2468 6759

> Between 6pm and 7am, weekends and public holidays:

The medical specialty unit:

- 0 **Unit 2A** : plastic surgery, ENT, maxillofacial surgery, dentistry
Tel : 2468 6210
- 0 **Unit 3A** : visceral surgery, general surgery, urological surgery
Tel : 2468 6310
- 0 **Unit 3B** : vascular surgery
Tel : 2468 6320
- 0 **Unit 4A** : hand surgery, trauma surgery, ophthalmic surgery
Tel : 2468 6410
- 0 **Unit 5A** : orthopaedic surgery
Tel : 2468 6510