

## Day Surgery Unit

# Information for carers

This leaflet is for general guidance only. Specific requirements after each operation will be given separately.

Thank you for taking care of

They will have had a general anaesthetic, so for at least the next 24 hours they should **not**:

- Drink alcohol.
- Take sleeping tablets.
- Use any machinery (for example, cookers, kettle, iron).
- Drive a car or motorcycle.
- Ride a bicycle.
- Be left alone- even if they are feeling well.
- Return to work and until advised by the surgeon.

### Rest

Most people feel dizzy or easily tired after anaesthetic, so going to bed or sitting on a chair is best for him/her on arriving home.

### Eating and drinking

Unless you have been told differently by the nurse, he/she can eat whatever they like. Light meals are advised, as well as lots of fluids. If they feel sick, give sips of water.

### Bathing and showering

It is not advisable for him/her to have a bath or shower within the next 24 hours. They should leave the bathroom or toilet door unlocked in case they feel faint and need assistance.

## Pain

If he/she are experiencing pain or discomfort, see if they are due for some painkillers. You will be given instructions about what to give them, when, and how often. Sometimes pain is eased by a change of position or a short walk.

**Do not exceed the stated dose for the painkillers. Call the doctor for advice if the dose is exceeded.**

## Please look out for:

- A persistent, severe or increasing pain or the painkillers prescribed have not helped.
- Ongoing sickness.
- Bleeding from the wound.
- Signs of developing infection such as redness around the area and a temperature.

If any of the above occur please contact:

1. The General Practitioner.
2. Their Consultant's Registrar on telephone number 01223 245151.
3. Day Surgery Unit 01223 256330 on Mondays - Fridays 08:00 to 18:00.

## Parking:

Short term parking (approx. 30 minutes) is available outside the Day Surgery Unit for dropping off and picking up patients at no charge. For longer parking, please use the patients' car park H (£2.50 for 24 hours). You will need to show the appointment card.

Please ask if you require this information in other languages, large print or audio format:  
01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

## Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

## Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

## Gujarati

تکایہ پرسیار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

## Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو برائے مہربانی اس کیلئے درخواست کریں۔

## Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.  
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

## Document history

Authors	Maria Hawak
Department	Day Surgery Unit, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 2QQ <a href="http://www.addenbrookes.org.uk">www.addenbrookes.org.uk</a>
Contact number	01223 256330
Published	January 2007
Review date	January 2009
File name	Carer.doc
Version number	1
Ref	PIN 1294