
Emergency Assessment Unit

Short stay surgical unit: local anaesthetic information

The following information is for adults who have had a local anaesthetic.

Rest and activity

Some people may feel rather tired when they go home. Only do as much as you feel able to do and gradually increase your activity until you feel back to normal.

Eating and drinking

You can eat and drink as much as you wish when you get home. Some people may find their appetite is small at first, but try to take plenty of fluids.

Sleep and pain relief

Restricted movement and/or pain prevent you from resting adequately. It may help to take a mild painkiller before you go to bed. Paracetamol is usually adequate if it suits you. You may be prescribed other painkillers depending on the type of surgery you have had.

Bathing and showering

Depending on the type of surgery you have had, you may wish to arrange for someone to be available to help when you bath or shower.

Wound healing

You should seek help if:

- The amount of pain in your wound increases after the obvious initial discomfort.
- The amount of redness and/or swelling increases.
- You notice any unpleasant discharge.

Work

You should not return to work on the day of your operation and you may require a few more days off depending on the type of work you do and the nature of your operation.

If you are worried about your condition contact:

- Your own General Practitioner (GP)
- Or
- Short stay surgical unit on 01223 348326 or 01223 348325

Special instructions:

Follow up:

Medications:

Dressings:

Stitches:

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or 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 بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگراپ 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

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