



**Information for  
patients and  
carers**

**Plastic Surgery**

**Discharge Advice – Ward 4**

## Pre-discharge

Before you are discharged from hospital you should have been assessed by the surgical team as being medically fit for discharge; however this may still involve some ongoing treatment.

A discharge facilitator will also be involved in your discharge planning.

## Medication

Prior to your discharge home the surgical team will review and amend any medication that may be required.

These will be checked by the ward pharmacist and a discharge letter will be sent to your GP confirming any alterations which may have been made during your hospital stay. You will also be provided with a copy of the letter sent to your GP.

## Analgesia (pain relief)

On discharge you may be sent home with analgesia.

Generally you will be discharged home with 1 week's supply.

If further analgesia is required, then a further supply should be obtained via your own GP.

You must follow all medication leaflet advice and contact your GP if any reactions or sensitivities to any medication occur.

You can also make enquires via the NHS 111 service.

## Oral antibiotics

On discharge, you may also be sent home with oral antibiotics prescribed by the surgical team.

Always follow the advice leaflet provided with your medication.

Please contact your GP should you have any reactions or sensitivities to your medication.

You can also make enquires via the NHS 111 service.

## Wound care and dressings

On discharge you may require further wound care.

A follow up appointment may be made for Ward 4 Dressing Clinic or the Burns Clinic. Alternatively, a follow up may be arranged with the Community District Nurses Team, Practice Nurse or Treatment Room Nurse.

Your treatment plan will be included in your discharge information letter.

## Wound care

You must keep your dressings clean and dry on discharge; avoid touching your wound to reduce the risk of infection. Please obtain further advice if you develop any of the following:

- Redness to the area
- Swelling
- Persistent and increased levels of pain
- Fever or temperature
- A feeling of burning or excessive heat to the area
- Excessive leakage of the wound or an offensive smell

These may be signs that you have an infection and will need a further review from the surgical team and possibly further treatment. Signs of Sepsis can be obtained from the NHS sepsis website.

It is important to seek medical advice from Ward 4, NHS 111, your GP or Urgent care.

## Stitches/sutures

These are generally removed within 2 weeks and a follow up appointment will be arranged for these to be removed, as your post-operative instructions state.

Some stitches/sutures may be dissolving; you will be given further information and advice on discharge.

## Bleeding

It is normal to have some seepage of blood on your dressings following surgery.

If you have a very active bleed, in large amounts where your dressing becomes sodden then you should seek medical advice.

Please apply direct pressure for 10-20 minutes, if this does not stop the bleeding, call for advice.

If a wound continues to bleed profusely, then you should call 111 or 999 for urgent assistance.

## Elevation advice

Following any surgical operation most people develop some swelling to the area.

Please follow the below advice for the various areas:

### Head

It is advisable that you sit and sleep sat upright where possible, with your head elevated on at least 2-3 pillows.

### Feet/legs

It is advisable to elevate your leg/s on a foot stool or whilst sitting on your sofa elevate with extra pillows. Please ensure your heels are free from pressure, to avoid any damage to that area.

## **Hands/arms**

You may be given a sling on discharge, please utilise this as advised by the surgical team. Please do not dangle your arm as this may increase the pain.

At rest on the sofa or in bed you could elevate your arm/arms on 2-3 pillows.

## **Smoking**

Please avoid smoking as this can affect wound healing. If you need further advice please contact the Quit Squad free phone 0800 3286297.

## **Physiotherapy**

Some patients will require a physiotherapy review prior to their discharge home.

The physiotherapist will give you instructions and advice on discharge.

Any future concerns please contact the department following discharge.

## **Occupational therapy**

An assessment may also be carried out to assess if any equipment may be required for your discharge home.

## **Scars**

There is a possibility of scarring with all operations.

After your wound has healed you should massage your scar daily 4-5 times daily with a non-scented moisturising cream to reduce further scar development.

Please ensure you wash the areas at least twice a day, with non-scented soap and then pat dry.

It is advisable to avoid sunlight to all areas; we advise that you cover the healed wounds with factor 50 sunscreen or sunblock.

If you require a scar management referral, this can be discussed within your follow up appointments or you can contact the physiotherapy/ occupational therapy department for advice.

## **Hand therapy**

A referral to the hand therapy team may be indicated in your post-operative instructions. It is important that you follow the instructions pre and post discharge to reduce the risk of any further damage.

## **Outpatient**

Following surgery some patients will not require an outpatient appointment.

If a further outpatient appointment is required this will be sent to you in the post with a reminder via a text message.

The medical staff will decide if an outpatient appointment is required.

## **Travel abroad**

Following any surgical procedure or injury, it is advisable that you follow the instructions from the surgical teams. It is possible that they may advise against travel.

To ensure you are covered prior to travel, we would advise you to contact your travel insurance provider to inform them of any recent surgery or injury.

## **Driving**

Following any surgical procedure or injury we advise that you do not drive and follow instructions and advice from the medical team.

You should also inform with your car insurance provider before recommencing driving as you may not be covered if you drive with an injury.

## Returning to work

Please do not return to work until you are advised to do so by your surgical team. You will generally be given a Doctor's fit note on discharge. Further notes can be obtained from your own GP.

You should then obtain a fit to return to work form, to enable you to recommence work.

## Exercise

Please follow the post-operative instructions from your surgical team on discharge.

## Contact details

Should you require further advice or information please contact:

Ward 4: 01772 522244

Ward 4 Dressing Clinic: 01772 523542

Physiotherapy /Occupational therapy: 01772 522379

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.sepsis.nhs.uk](http://www.sepsis.nhs.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help, in understanding this information. This information can be made available in large print and in other languages.

### Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણા માં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

### Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

### Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

### Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

### Urdu:

پوچھئے۔ یہ معلومات دوسری ضرورت ہے تو براے مہربانی سمجھنے کے لیے مدد کی اگر آپ کو یہ معلومات بھی دستیاب ہو سکتی ہے زبانوں اور بڑی چھپائی میں

### Arabic:

بأحرف مطبوعة المعلومات هذه توفير يمكن. تطلب أن يُرجى المعلومات هذه فهم في مساعدة توريد كنت إذا أخرى وبلغات كبيرة

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