

General guidelines after surgery

Introduction

Today you had a surgery at the Daycare ward or at the Upstairs Clinic. We recommend that you take it easy for the rest of the day.

First days after surgery

If you had a general anaesthetic, we advise you to do the following on the day of the operation and the next day: stay at home, take plenty of rest, have small easily digestible meals, do not drink any alcohol, do not drive a car, ride a motor bike, moped or bicycle and do not handle any sharp objects; after the anaesthetic you may be less able to concentrate or make decisions. A sore throat or muscle pain is common after a surgery. These symptoms are normal and usually disappear automatically. You may also tire quickly for some time after the surgery.

Pain

The surgery may cause you some discomfort. You may use the medication the hospital provided or take paracetamol 500 mg, maximum of 3000 mg per day. Do not use any medication containing aspirin due to a risk of subsequent bleeding.

Temperature

If your temperature remains higher than 38.5 °C, you must consult your attending specialist or the general practitioner.

Blood loss

Some blood loss and/or swelling is normal. If you feel that the blood loss is

substantial, you must contact the attending specialist.

Dressings

If you have any dressings you may remove these yourself at home, unless this has been agreed differently. The attending specialist or the nurse will inform you about how and when to remove the dressings.

Check-ups

The check-up at the outpatient clinic will take place in consultation with the attending specialist.

Questions and problems

If you have any questions or unexpected symptoms after you have arrived home, please do not hesitate to telephone your attending specialist via the hospital. If he or she is not available, you will be put through to the evening or night duty teamleader to discuss your questions or symptoms with him or her. The telephone number of the hospital is +31 (0)20 755 7000.

You may also consult your general practitioner for any questions or problems.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.