

Instructions upon discharge

Shower

- You must not take a shower until after visiting the treating doctor
- You may shower again after _____ days
- You may shower again immediately
- Other: _____

Wound treatment

- The wound area is allowed to get wet
- The wound area is allowed to get wet after _____ days
- The bandage or plaster may be removed after _____ days
- The bandage must stay in place until after visiting the treating doctor
- Support stockings are to be worn for _____ days during the day and at night
- Support stockings do not need to be worn at night after _____ days and must be put on in bed in the morning
- Keep leg elevated for _____ days
- Stitches
- Other: _____

Other

- You may return to work after consultation with your treating doctor
- You must continue to use crutches for _____ days, load on leg according to advice:
- You must continue to wear a bandage/sling for _____ days

Mobilisation

- Walking, advice: _____
- Cycling, advice: _____
- Driving, advice: _____
- Other: _____

Pain killers

- Is known, according to prescription
- If necessary, two 500 mg tablets of paracetamol three times daily
- Other: _____

Other medication:

- Continue with own medication
- Stop with _____ until after visiting the treating doctor
- Start with new medicine, see prescription

Anti-coagulation/blood thinners (*acenocoumarol, sintrom, marcoumar, ascal*):

- You must immediately start taking your own medication
 - You must start taking your own medication again on _____
 - You must stop taking your medication until visiting your treating doctor
 - You need to have an injection on _____ by the thrombosis service
 - Other: _____
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Dietary advice

- You can eat normally or follow your own diet
 - Drink a lot (\pm 2 litres of fluid per day)
 - Other: _____
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Questions or problems

If you still have any questions after returning home or experience unexpected symptoms, you can call your treating specialist during office hours via the hospital. Outside of office hours, you can contact the on-duty evening or night manager. You can then discuss your questions or complaints. There is always an on-duty specialist available. The phone number for the hospital is +31 (0) 20-755 7000.

You **must** contact the hospital in the following circumstances:

- If a large swelling develops in the operated area (with increasing pain)
- If you are experiencing excruciating pain
- If, for example, your fingers or toes become discoloured or thicker
- If you have a temperature of 38.5 C or higher

The surgery department wishes you a speedy recovery.

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.