



PATIENT INFORMATION

# Discharge Guide

Surgical  
patients



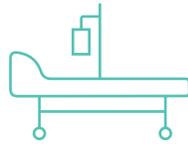
# Thank you from The London Clinic

On behalf of everyone at  
The London Clinic, thank you for  
choosing us for your treatment.

This guide will provide you with the  
information you may need once you  
go home. This should be used hand in  
hand with the instructions provided to  
you by your consultant and supporting  
healthcare staff. Please take your time to  
read this information and keep it safe, it  
is for you to refer back to once you have  
returned home.

## On your discharge day

Your nurse will co-ordinate your discharge and ensure you have all  
of the information you need to recover at home.



### INPATIENTS

You will be able to go home by 11am  
on your day of discharge.



### DAY CASES

You can go home once you have eaten,  
feel able to walk around steadily and  
have passed urine. If you've had general  
anaesthetic or sedation, it's important that  
you arrange for an adult to escort you  
home. It's not safe for you to drive or use  
public transport on your own for 48 hours  
after your procedure. It is advisable for  
someone to stay with you for the first 24  
hours once you have returned home.



### MEDICATION TO TAKE HOME

If you require any prescribed medicines  
when leaving, the Clinic will arrange these  
for you prior to your discharge home. We  
will ensure you have enough medication  
for a few days then further supplies can be  
obtained from your GP if required.

If you are self-funding and not on a fixed-  
price package plan, your take home  
medication will be chargeable. Most health  
insurance policies do not cover the cost of  
medications that you may be prescribed to  
take home with you. You will need to pay  
for these in full prior to discharge. If you  
have any concerns relating to this, please  
speak to your insurance company or the  
hospital for further advice.





## Information you might need

The Healthcare Team can answer any questions you may have.

The points below outline the information you need for a safe discharge:

**Medication to take home** A supply and instructions on when and how to take them.

**Wound care** A supply of dressings and instructions on how to care for your wound.

**Follow-up appointments** Details of any follow-up appointments.

**Who to contact** if you have questions or concerns once you get home.

**Additional care** Details of any additional care that you may need at home.

**Daily routine** Returning to normal daily routine - activity, eating, sleep.

**Specialist information** given by the team in relation to your discharge i.e. If you are being discharged with a urinary catheter.

**Equipment** Walking aids or assistive equipment you might need.

**Feedback** Details on how to provide feedback or make a complaint.

# Your recovery at home

During the recovery process, it's normal to feel tired and lethargic.

## REST AND ACTIVITY

Even if you are feeling fine, your reflexes, judgement and co-ordination can still be affected. Healing and recovery take time and require energy, so make sure you get adequate rest for the first 48 hours. In the first few days you should only do as much as you feel you can.

You should also follow your consultant's advice on getting active again following your surgery which will encourage your blood flow and your wounds to heal.

## PREVENTING BLOOD CLOTS

Following surgery, you are at increased risk of developing blood clots. To reduce your risk:

- Move around as often as you can and try to do some simple leg and ankle exercises
- Follow the discharge advice of your health care team nurse, which may include:
  - Wearing hospital stockings
  - Taking blood-thinning tablets or injections
- Drink plenty of fluid.

## EATING

Your appetite may be reduced and you may feel nauseous, bloated or experience indigestion. Try to eat a healthy diet which consists of fruits and vegetables and drink plenty of fluids such as water, herbal teas,

diluted juice, tea and coffee. This will also help prevent constipation.

However, if these symptoms persist, please contact your consultant or the hospital.

## PASSING URINE

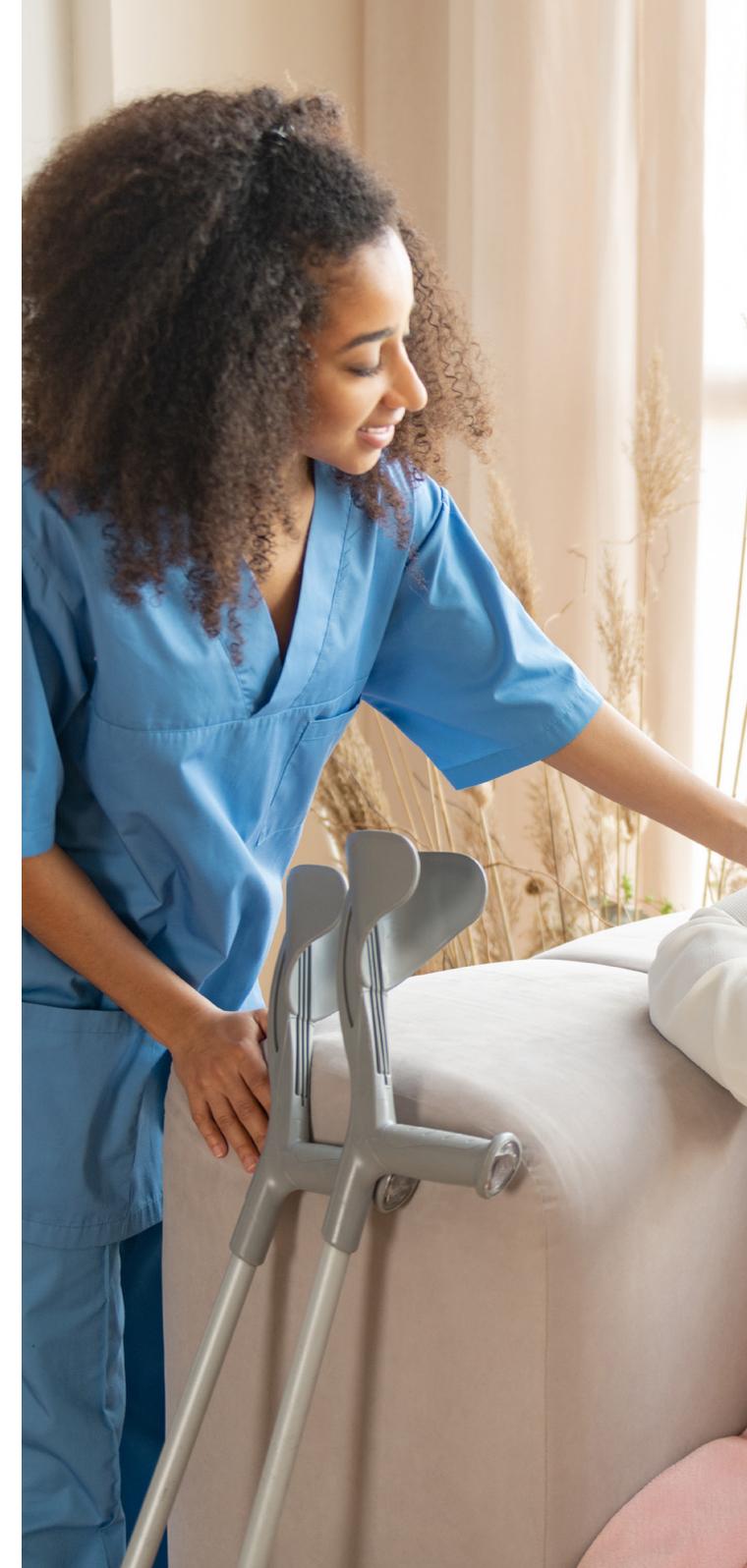
In most cases, passing urine shouldn't be difficult after you go home. It is key to remain hydrated. If you find yourself in persistent pain or discomfort whilst trying to pass urine, please contact your consultant or the hospital.

## BOWELS

After your anaesthesia, treatment, changes in your diet, medication and reduced activity you may experience a change in your bowel habits. It is normal for your bowels to not open a day or so after your procedure, but this should all return to normal when your appetite has increased, your pain medication reduces and you are more active again. If it has been two days or more and you have not managed to open your bowels, a laxative such as lactulose may help which can be purchased from a pharmacy.

## PAIN MANAGEMENT AFTER SURGERY

Pain and discomfort after surgery is normal and will improve as you heal. Taking pain medications will ensure you can return to your normal daily activities without experiencing too much discomfort.





On the day of discharge, either the ward nurse or pharmacist will explain each of your medications to you. They will discuss which medication you will be given to take home, how often you should take your medication, and how long to take it for. If you need to ask any more questions or feel unsure about anything, then please ask.

### **HOW DO YOU REDUCE YOUR PAIN MEDICATION?**

It is crucial that you do not suddenly stop your pain medication, even if you feel well and are experiencing little or no pain. You should reduce your dose gradually to prevent your pain from returning. You should consider reducing your pain medication when you feel you are back to a relatively normal level of activity, are comfortable (both at rest and on movement/exercise) and are no longer requiring additional pain medication in between your regular doses.

The most effective way to reduce your pain medication is by reducing the strongest one first. Do not try to wean yourself off more than one pain medication at a time, and reach your target before moving onto another. Return to your original dose if you suddenly start to experience pain and then you can consider the weaning off process again a few days later when you feel comfortable and confident to do so.

*If you have any concerns relating to the above, please speak to your pharmacist, nurse or your GP for assistance.*



### **Important tips about the pain medications you may be given:**

- 1** Always read the prescription, the medication labels, and the information sheet enclosed in each packet of pain medication.
- 2** Paracetamol is present in numerous pain medications. Please be aware of this and do not take more than one drug containing paracetamol at any one time.
- 3** You should take your pain medications at regular intervals whilst you feel in pain, rather than waiting until the pain is really bad. This prevents the build-up of pain and means you are in charge rather than the pain being in charge of you. It will state clearly on your prescription how often you can take a particular pain medication.

# Returning to your daily life

It is important to try and move around as soon as you feel you are ready to do so and try to get back to your normal routine.

## ACTIVITIES OF DAILY LIVING

Depending on the procedure you have had, there may be certain activities you may need to avoid. Your healthcare team will advise you on the day of discharge if this will be the case.

## SLEEPING

It is important to remember there might be some issues with sleep post-surgery. This will start to improve once you let your body adjust and fall back into its normal routine so you can start to get the sleep you need. Do not take sleeping pills within 24 hours of having an anaesthetic

## WORK

How quickly you return to work will depend on a number of things such as the type of surgery you had, how you are healing and what your job entails especially if there are safety implications for the employee, staff and members of the public. Please speak to your Consultant for advice.

## DRIVING

Do not drive a car or other vehicle or ride a bicycle / scooter for 48 hours after an anaesthetic or sedation.

You will need to consider whether your wound or any pain may prevent you from driving for longer. An indication of whether you are able to drive safely is if you can perform an emergency stop comfortably.

Some medication will impair your ability to drive, especially pain medication – please carefully check the information leaflet with your medication. If you have been discharged with strong pain medication like opiates, you will be advised not to drive while taking these medications.

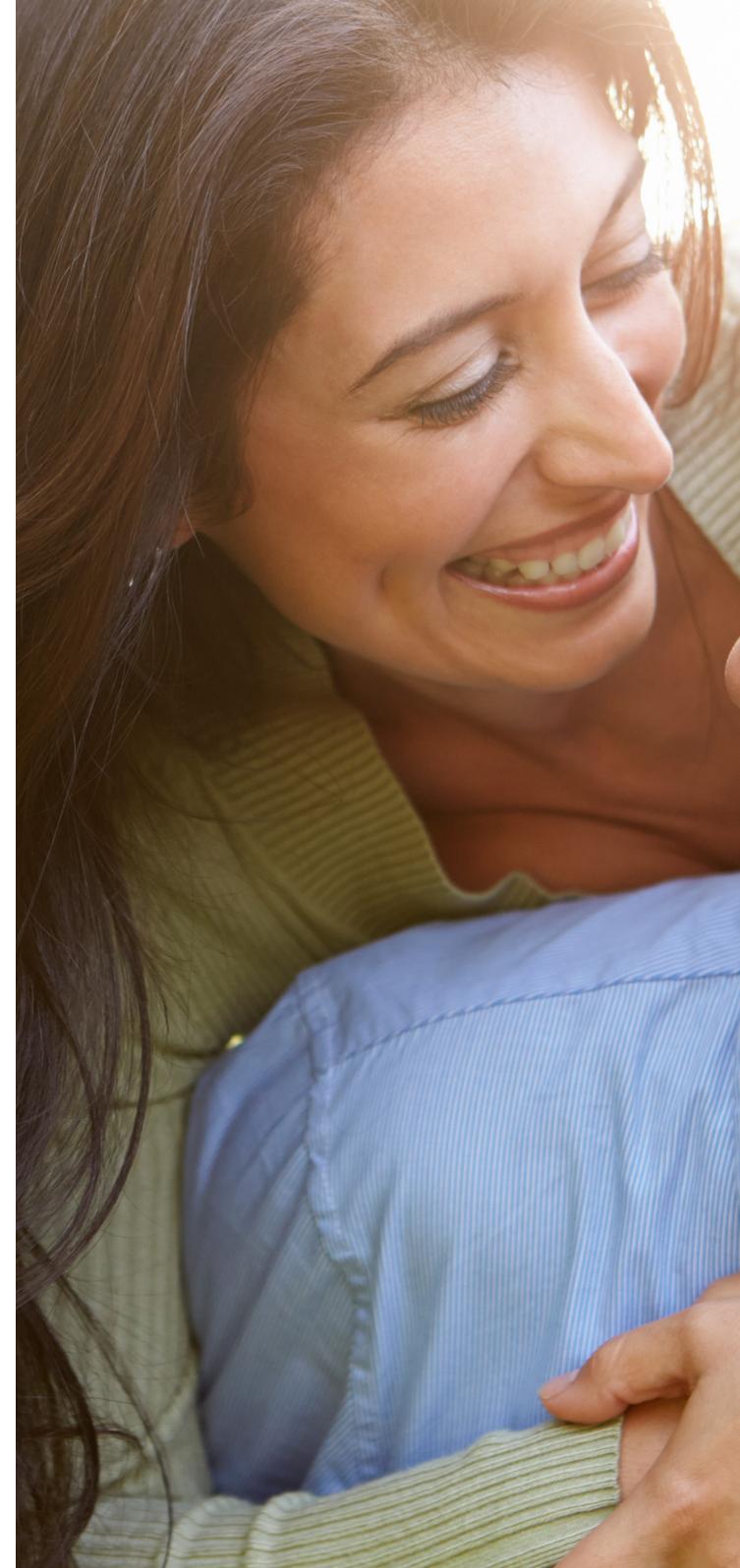
## PHYSICAL EXERTION AND EXERCISE

It is important to discuss this with your surgeon/nurse/physiotherapist and to recommence exercise gently and gradually. As a general rule, if something is proving painful, you should stop doing it and seek advice.

## SEXUAL ACTIVITY

Sexual intercourse may be resumed when you feel comfortable. You will be able to speak to your specialist or nurse for any of the below:

- If your surgery involved your hips, back, abdomen and genitalia.
- If you have any worries about restarting contraceptive use such as the pill. You may be taking some additional medication after your surgery which may interfere with this. Surgery and anaesthetic can disrupt your menstrual cycle and the contraceptive pill.
- If you have any general concerns about resuming normal sexual activity.





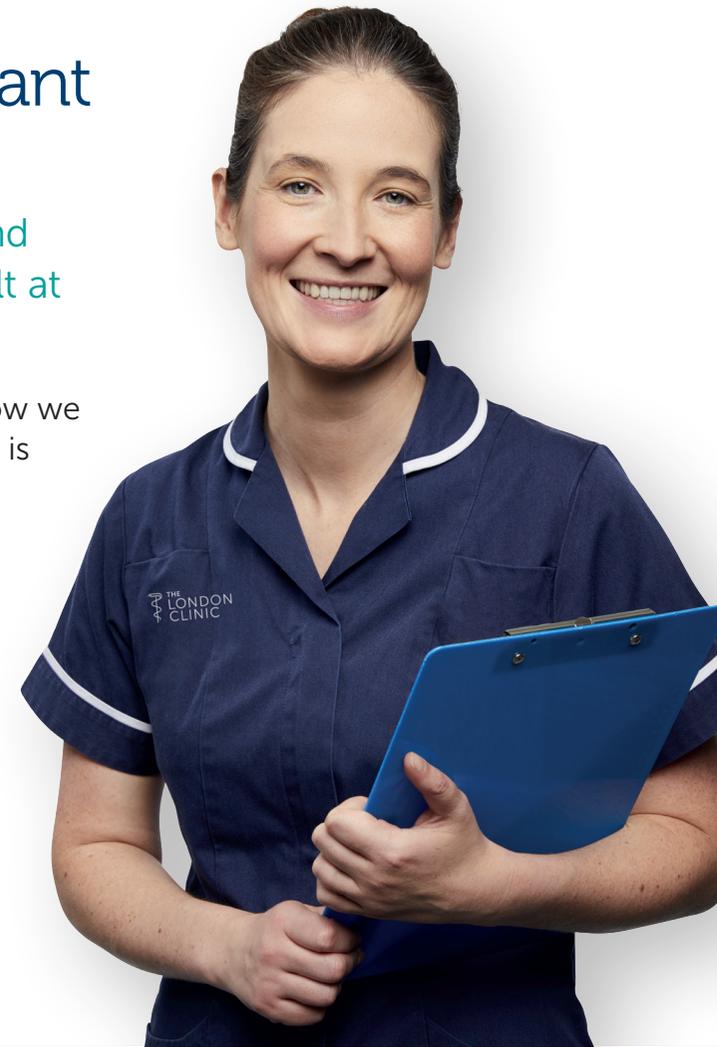
## Your feedback is important to us...

We hope you have had a comfortable and relaxed stay at The London Clinic and felt at ease throughout your patient journey.

We are constantly looking for ways to improve how we care for our patients and therefore your feedback is really important to us. If you have any concerns, please raise them immediately with the ward manager or Matron so that they can resolve the situation for you.

We will ask you to complete a feedback survey to tell us about your stay - we have both online and paper versions that will be offered.

If you still have concerns which have not been addressed by the ward staff, you can escalate your concern by contacting our dedicated patient experience team on **+44 (0)20 7535 5500** or via email: [patientexperience@thelondonclinic.co.uk](mailto:patientexperience@thelondonclinic.co.uk)



### RECOGNITION

Your feedback will help us give recognition to staff that are truly living our values and our teams love to hear positive feedback about how they have helped you through your stay. We have a monthly Patient Experience Award which is awarded to staff that patients feel have gone further to personalise their stay and make a real impact on their experience.

We have The Daisy Awards for outstanding nursing staff who have gone above and beyond for you during your stay. Please speak to the ward manager or email the patient experience team if you would like to nominate staff at [patientexperience@thelondonclinic.co.uk](mailto:patientexperience@thelondonclinic.co.uk).



## Contact us

Clinical site team  
**07568 129 334**

Patient liaison team  
**(0)20 7616 7711**

Finance team  
**(0)20 3219 3296**



20 Devonshire Place  
London W1G 6BW  
+44 (0)20 7935 4444  
**[thelondonclinic.co.uk](http://thelondonclinic.co.uk)**

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