



Day surgery discharge information

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It is important to remember that you have had a general/local anaesthetic or sedation for your procedure. Day surgery does not mean day recovery and you must go home and rest.

A general anaesthetic and sedation will affect your judgement, co-ordination, and memory for 24 hours. In this time, you must not:

- Drive a car, operate machinery, use a cooker, ride a bicycle, sign a legal document, or engage in any activity requiring skill or judgement.
- Take sleeping tablets.
- Drink alcohol.

Pain management

All surgical wounds will cause some discomfort initially and may last for a few days. The information sheet specific to your operation will give more guidance on what to expect.

Wound care

For most surgical procedures you will have a dressing in place. The discharge nurse will give you information on how to look after your specific type of dressing.

Keep your wound dry for 24-48 hours unless told otherwise. After this time, you may shower or bathe, but do not soak in the bath for long periods. Remove your dressing once it gets wet and pat (do not rub) the wound dry. Either leave the wound exposed, or if it is rubbing on your clothes, apply a new dry dressing.

If your wound starts to bleed, apply pressure with a clean towel, tea towel or cloth handkerchief for 15-20 minutes. If this does not stop the bleeding, please contact the day surgery unit (DSU), your GP, call [111](#) for advice, or attend your nearest walk-in centre or emergency department.

Signs that your wound may be infected include:

- Redness or heat around the wound
- Pain
- Swelling
- A discharge from the wound
- Fever

If any of these occur, contact the DSU or your GP for advice urgently.

Contact us

If you have any questions or concerns once you have been discharged home, please don't hesitate to contact the [Day surgery unit \(\)](#) for advice. You can contact us any time between 8am-8pm, Monday to Friday for routine enquiries.

DSU unit A: [020 8375 1205](#)

DSU unit B: [020 8375 1943](#)

Surgical ward orthopaedics: [020 8375 2600](#)

Surgical ward general: [020 8375 1957](#)

Ward administrator: [020 8375 1332](#) / [020 8375 1371](#)

For urgent enquiries see your GP or attend your nearest emergency department.

Alternative formats

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Speak to a member of staff if you wish to request this page in Braille or have any other questions about accessibility.

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