

Please contact a member of nursing staff at the appropriate day unit, prior to the operation, if you have any concerns or queries about caring for the patient. (Contact numbers can be found at the end of this leaflet)

The Procedure

The patient will have received a leaflet which gives specific information about:

- ✓ the procedure
- ✓ preparation prior to the operation
- ✓ care after the operation
- ✓ care at home

Prior to the operation

If the patient has dependants, please ensure suitable alternative arrangements are made for their care.

After the operation

If you are collecting the patient from the Day Unit, you should accompany the patient home in either a private car or a taxi. You must not travel on public transport or go on foot

As the patient's carer, you will need to stay with the patient for 24-48 hours after the operation, as advised by the staff in the Unit. Do not even pop out for 10 minutes. You must be within calling distance of the patient at all times.

Make sure you know whom you should contact if you are concerned or need advice. The nursing staff will give you this information, before you leave the ward.

General advice for the carer of a person who has undergone a general anaesthetic

The patient may be given a letter for the G.P. stating what procedure has been undertaken. You will need to pass this letter on to the appropriate person, if medical assistance is required.

Make sure the patient is comfortable in bed or on the settee after your arrival home.

The patient may feel quite sleepy after the anaesthetic. Ensure s/he has a peaceful environment in which to rest or sleep, but occasionally check that s/he is rouseable.

It is important to ensure that the patient has regular drinks to help prevent dehydration. Avoid offering a heavy meal, something light will probably be more appreciated.

Be aware of the medication the patient may need to take and encourage him/her to follow the instructions for use.

Following a general anaesthetic

For the first 24 hours, the patient should not:

- × operate machinery
- × use electrical equipment
- × care for children
- × cook
- × drink alcohol
- × take recreational drugs
- × make vital decisions or sign legal documents.

The patient should not drive until after 48 hours.

The patient should not drive until s/he can safely perform an emergency stop. This will not be for the first 48 hours following the procedure. The patient should also check that his/her insurance policy does not prohibit him/her from driving for a longer period, following general anaesthetic or surgery.

Please contact the GP, if the patient develops:

- ✓ a temperature
- ✓ fresh bleeding or bruising
- ✓ redness or swelling at the operation site
- ✓ pus or drainage from the operation site
- ✓ prolonged or severe pain
- ✓ other symptom identified in the patient's procedure leaflet

FOR HELP OR ADVICE

Please contact the relevant Day Unit

(Contact numbers are listed overleaf)

8pm – 8am (Mon – Thurs)

PLEASE TELEPHONE THE NURSING STAFF
0113 206 5786

**IF YOU HAVE ANY PROBLEMS OR CAUSE
FOR CONCERN**

PLEASE CONTACT:


Your General Practitioner

The relevant Day Unit :

David Beevers Day Unit,
St James`s Hospital 0113 206 5786
(Mon 8a.m. to Fri 8p.m. inclusive)

Seacroft Day Unit
Please contact David Beevers Day Unit

Wharfedale General Hospital Day Unit
0113 392 1710

The Leeds Teaching Hospitals 
NHS Trust

DAY UNIT INFORMATION
LEAFLET

ROLE OF THE CARER