



Patient information

Discharge information following the Enhanced Recovery Programme (ERP)

Important discharge information

At your pre-operative assessment we discussed with you any social needs you may have such as social work or meals-on-wheels, please check with the ward staff that these have been organised to avoid delay when you are discharged.

Things to remember

Complications do not happen very often, however it is important that you know what to look for.

Pain

You may go home even if you are still having some pain or discomfort. This is normal. You will be given pain medication on discharge, please take this as prescribed. During the first few weeks after your discharge if this pain becomes more severe and lasts for more than 2 hours, or you develop:

- fever
- feeling hot and sweaty
- feeling sick and/or vomiting
- generally feeling unwell.

Please contact the numbers given at the end of this leaflet for advice.

Wounds

If your wound needs care by the district nurses then the ward staff will arrange this before you go home. The ward staff will provide you with dressing/equipment for your wounds.

It is not unusual for your wound to be slightly red and uncomfortable for the first 1-2 weeks.

However, if your wound:

- becomes painful
- becomes swollen
- feels hot
- starts to discharge fluid

and you are seeing the district nurses please contact them for advice. Otherwise, **please contact the numbers given at the end of this leaflet for advice.**

Diet

There are no long term restrictions on your diet after surgery, unless you have a stoma. You may find that your appetite takes some time to return after your operation. Try eating little and often rather than having one or two big meals a day.

For the first two weeks try to avoid food with skins, for example tomatoes, stalks of vegetables, broccoli stalks, or seeds and nuts. It is important that you continue to drink plenty of fluids.

Stoma patients

Dietary advice is available in a separate leaflet from the staff on the ward. You will be provided with plenty of supplies (stoma bags) by the stoma therapist on discharge. You will be visited by the Stoma Therapist within the first 4 days after discharge.

Mobilisation

Once you get home please continue to walk around the house and take short walks outside. Remember you need to walk back so do not walk too far to begin with.

Gradually increase how far you walk and your exercise over the following 4 weeks until you are back to your normal level of mobility. Do not lift anything heavy for at least 6 weeks after surgery. If your wound is uncomfortable whilst exercising/lifting, reduce what you are doing. Once you are pain free you can increase/return to your normal activities.

We may give you some blood thinning injections called Fragmin (Dalteparin) to take home. This medication is for a temporary period until you regain your normal mobility.

Work and driving

We advise you not to drive for at least 6 weeks. We advise you to contact your car insurers for advice on driving following major surgery. You can discuss fitness to drive with your consultant at your follow-up appointment.

You will be able to return to work within 6 to 12 weeks depending on your particular operation and your job. Please discuss this with your consultant.

Outpatients appointment

We will send you an appointment for your consultant's clinic in 4 to 8 weeks after discharge. If you do not hear from us, please contact your nurse specialist or your consultant's secretary.

Useful contact numbers

Once you are home if you have any problems or worries please do not hesitate to contact us.

Ward 3 (Dept 48) 0161 918 2159

Ward 10 (Dept 4) 0161 446 3860

