

After my operation and going home

Information for patients

After your operation you will be taken to a recovery room. Nurses will look after you.

Once you have recovered, you will be given food and drink.

When you feel well enough, you can get dressed. Make sure you take all your things home with you.

A nurse will give you a leaflet. The leaflet will tell you what you need to know before you can go home. For example:

- what painkillers you will need to take
- who to call if you are worried
- how to look after your wound at home.

If you have any questions, please speak to the nurse.

Text only



You must go home with a family member, carer or friend. Someone must stay with you for the rest of the day and overnight.

Rest for the first few days. It is normal to feel very tired after your operation. Ask family and carers to help when you are back home.

Follow carefully any instructions and exercises that the hospital gives you. If you have any questions, please phone the hospital.

If you feel unwell or start feeling hot and sweaty, call the hospital. Talk to a member of staff. They are there to help you.

Day Surgery phone numbers

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783114 (7am to 8pm)
- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 234499 (Monday to Friday 7am to 9pm)
Telephone: 07887 651162 (Monday to Friday 9pm to 7am) (Bank Holidays and weekends, 24 hours a day)
- William Harvey Hospital, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)

Our Patient Advice and Liaison Service (PALS) can help you.

You can ask a question or tell them if you are unhappy about something.

Phone: 01227 78 31 45 The team can phone you back.

Email: ekh-tr.pals@nhs.net

Post: Patient Advice and Liaison Service (PALS)
Trust Offices Kent and Canterbury Hospital
Ethlebert Road, Canterbury
CT1 3NG

Created together with people with a communication need, the
experts by experience