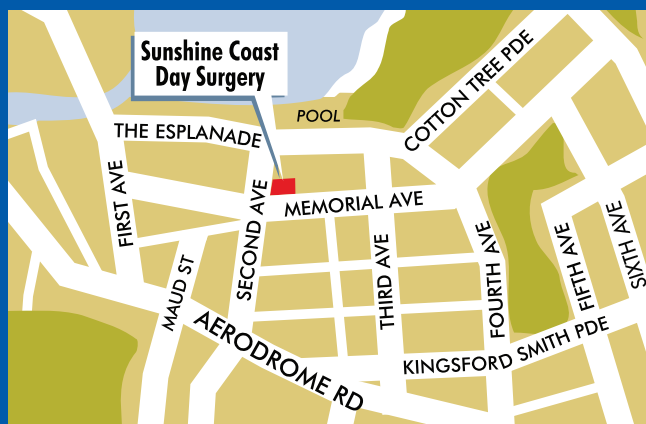


## SUNSHINE COAST DAY SURGERY

Corner Second & Memorial Avenues  
Maroochydore QLD 4558

Phone: 5444 9033 Fax: 5443 5770

Email: reception@scds.net.au



### WE ARE EASY TO FIND

Main entrance: Second Avenue

Car park entrance: Memorial Avenue



SUNSHINE COAST  
DAY SURGERY

If you have any concerns regarding your care, please submit these in writing to the Director of Nursing. We value your comments and consider them an opportunity to improve our service. Your concern will be looked into and we will respond to you after investigating the issue

## IMPORTANT INFORMATION AFTER YOUR PROCEDURE



Thank you for choosing the Sunshine Coast Day Surgery

**OUR VISION:** Strive for excellence in day surgery using current contemporary practice.

We pride ourselves on our caring professionals using the latest procedures and technology to ensure quality outcomes for our clients.

This brochure contains information and instructions for you and your carer. A nurse will explain the information with you before you go home. If you are unsure of any instructions, do not hesitate to ask for further explanations.

Please keep this in a handy place, so that you can refer to it as necessary.



SUNSHINE COAST  
DAY SURGERY

## YOU HAVE HAD:

Intravenous sedation  General anaesthetic

### General anaesthetic information:

- Rest for 24 hours and avoid strenuous activity
- Eat a light diet only today, e.g. soup, toast, jelly, sandwiches
- If you experience nausea and/or vomiting, drink fluids only until the nausea subsides
- Contact your doctor if vomiting persists

### Intravenous sedation information:

- Rest and avoid strenuous activity for 24 hours
- You may resume your normal diet when you get home
- If you experience nausea and/or vomiting, drink fluids only until the nausea subsides
- Contact your doctor if vomiting persists

### For the next 24 hours do not:

- Return to work or attend social engagements
- Drink alcohol or smoke
- Take sedatives except those prescribed by your surgeon
- Operate machinery or drive a motor vehicle
- Use electrical appliances
- Undertake any activity which could lead to injury
- Make important decisions or sign legal documents

After discharge, rest quietly at home and avoid strenuous activity.

Follow specific post-procedure instructions from your doctor.

You may have been given a prescription for pain relief or other medication. If so take as directed.

If you do not have a prescription and you experience pain or discomfort you may take non-prescription, non-aspirin analgesia such as Paracetamol (eg. Panadol, Panamax). Follow the instructions on the label.

### Contact your doctor if you experience:

- Pain unrelieved by analgesia
- Unusual bleeding or swelling
- Fever
- Anything that causes concern

#### Remember:

- Follow the information given to you by the hospital staff about your procedure
- Keep you appointment with your doctor

Medication you have been given may continue to influence you after discharge. You may feel sleepy, lights-headed or dizzy. This will gradually wear off. For your safety, have a responsible adult with you for the remainder of the day and overnight.