

Hospital discharge instructions

Following discharge

Please arrange for someone to be at home with you for at least 12 hours after surgery, in case you require assistance. It is important that you do not drive or operate complex or dangerous machinery for at least 24 hours after surgery.

Pain relief

Mild to moderate pain can be expected for about two days. I may give you a prescription for analgesics. If not, take Panadol or Panadeine for any minor discomfort. Rest and elevation of the operated area will help reduce discomfort.

Dressings

Please keep intact and dry until your first review in rooms. After this you may be able to shower.

Appointment

Please contact my rooms on 9399 8799 to book a post operative appointment with me. At this time I will change your dressing and remove any stitches as required.

Emergency Contact Details

Please call my rooms on 9399 8799 if you are feeling unwell. If my rooms are unattended then please contact me via the hospital switchboard where your surgery took place:

Prince of Wales Private	9650 4000
Maroubra Day Surgery	9315 5777
Eastern Suburbs Hospital	9398 0800
St Luke's Hospital	9356 0200
Sydney Hospital	9382 7111

If for any reason you cannot get through to me on the above numbers, then please call the Prince of Wales Hospital on 9382 2222, and ask to speak to the plastic surgery registrar on duty who will contact me directly.