

# Discharge Information:

## Ward 6 North

Name:

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During your hospital stay you were treated for:

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INFORMATION FOR PATIENTS

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Orthopaedics & Urology



## Discharge checklist before leaving the ward

- Diagnosis (the name of your medical condition).
- Non-urgent symptoms that may occur and how to cope with these.
- Symptoms that may need medical attention, and who to talk to about them, e.g. your GP or After Hours medical centre.
- Medical results that may affect your future health, e.g. allergies, high blood pressure, blood clots.
- Medications, e.g. what to take, how much, when, how often, side effects and interactions.
- Follow-up appointments (If required), procedures, further tests.
- Support services set up (if appropriate).
- Any questions, queries or further information that you require answers to.

## On discharge you will be given

- Discharge script for medication
- Discharge summary
- Operation specific discharge advice sheet
- Your own medications returned

## Pain management and medications

It takes about a week to get most of your strength and energy back. It is normal to feel tired, have pain/discomfort around the incisions (cuts), a change in bowel habit, or loss of appetite over this period.

Continue with your medications as prescribed (unless advised otherwise) and follow any instructions given with them. If you are prescribed antibiotics, please complete the course.

Any new medications or changes to your current medications will be discussed with you by the pharmacist and/or your medical team. They will willingly answer any questions you have about your medications.

You may be discharged with pain relief (analgesia) or be advised to buy simple pain relief from your pharmacy or supermarket. Please make sure that you follow the instructions on the medication box.

## Anaesthesia

Some side effects following general anaesthesia may include sore/dry throat – this usually resolves within a few days, slight cough, nausea (feeling sick) and vomiting, dizziness/feeling faint, headache, shivering, muscle aches/weakness and itchiness/rash.

These are usually temporary and not a problem. Others like nausea (feeling sick); vomiting or mild discomfort can be helped with other medications.

## Diet and exercise

Unless a dietitian has given you other instructions, continue eating your usual foods. Include a balanced diet that has plenty of breads and cereals, fruit and vegetables, dairy products and meat, and fish or legumes (beans) to promote wound healing. It is also important to drink plenty of water to prevent constipation.

If you have diabetes, you may have noticed that your blood sugar levels have been higher or lower than usual. Changes in diet or daily routine can also increase the risk of low blood glucose; therefore your diabetes medication may need to be changed. We advise that you monitor your blood glucose levels 3 - 4 times a day in the first week after your discharge from hospital. If you are getting a lot of low blood glucose levels, less than four, or levels higher than 10 it is important to see your GP for a review.

## Exercise

Always follow your physiotherapist's instructions. These include:

- plaster/cast care
- using mobility aids safely and effectively
- precautions in regards to joint replacements

Additional exercise information:

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## Preventing blood clots at home

A blood clot in your leg is called a deep vein thrombosis (DVT). If the clot travels to your lungs it is called a pulmonary embolism (PE). One of the main causes of getting a blood clot is sitting around or lying in bed for a long time.

### You can help prevent a blood clot by:

- Keeping active. Get up and move around at home every hour during the day
- When you are sitting you can help your blood circulation by lifting your heels up and down, wiggling your toes and moving them up and down, and by making circles with your feet
- drink enough water (unless you have been advised to reduce your fluid intake)

### What to watch out for after you leave hospital

- Any pain or swelling in your legs that was not there before
- Any pain in your lungs or chest
- Any difficulty in breathing

Phone your doctor immediately or ring 111 if you have any chest pain or difficulty with breathing.

## Occupational Therapy

If your condition impacts on performing daily activities (including work, leisure, and activities to help care for yourself) you may be seen by an Occupational Therapist.

## Wound care

Please contact your GP or After Hours medical centre if:

- your pain increases
- you develop a fever
- your wound becomes red and/or inflamed

Do not remove any dressing or staples yourself, as this will increase the risk of infection.

Orthopaedic patients - staples or clips are generally removed by the orthopaedic clinic, your practice nurse at your GP's surgery or by a district nurse 10 - 14 days post-op. These options will be discussed with you before you are discharged.

The date of removal of your sutures (if applicable)

will be \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Catheters / Nephrostomy tube

If you are going home with a urethral or supra-pubic catheter, or a nephrostomy tube, specific discharge advice sheets/brochures will be given to you.

If you are being discharged home with a catheter, you or your carer should have been shown how to look after this. A referral will be made to the community nursing team who will provide support and assist with obtaining any further supplies that you may need.

Please contact your GP or After Hours medical centre if you have:

- unexpected blood in your urine
- an increase of blood in your urine, or
- difficulty in passing urine (if your catheter was removed while in hospital)





## Hygiene

As your wound dressings are water proof, you can shower and bathe as usual.

Try to sit when having a shower and use warm water. Hot water can dilate the blood vessels in the skin and may cause your blood pressure to drop. This may make you feel light-headed or faint.

The discolouration (Chlorhexidine or Iodine) on your operation site skin may take time to wash off.

## Kaiawhina and Kaumatua support

There is a range of services available to provide help and support for patients and/or their whānau who identify as Māori. Staff can provide a copy of the *Whānau Care Services: Information for Patients and Whānau* brochure.

### Whānau Care Services (WCS) Co-ordinator

(04) 385 5999 ext 80948

8am - 4.30pm Monday to Friday

## Pacific Health Unit

There is a range of services available to provide help and support for women and/or their fanau who identify as Pacific.

### Pacific Health Unit

(04) 385 5999 ext 82320

8am - 4.30pm Tuesday to Friday

## ACC

If you qualify for ACC, the original ACC 45 form will be sent to ACC. You will be given a copy. It is your responsibility to give copies to your employer.

## Discharge summary

A discharge summary will be sent to your registered GP. You will be given a copy of your discharge summary. Please take this copy with you if you need to see a doctor following your discharge.

## Feedback

We welcome all feedback (comments, complaints or praise) in order to improve our service. If you have feedback please complete a *Tell us what you think about our services* brochure which is available on the ward. Alternatively you can leave feedback at [CCDHB.org.nz](http://CCDHB.org.nz), or contact the Complaints Facilitator on (04) 385 5999, ext 4073.

If you are unhappy about anything on the ward, please tell us and ask to speak to the Charge Nurse Manager. We may be able to solve the problem before you are discharged.

## Follow up

You may need an Outpatient follow-up appointment. This letter will be sent in the post confirming the time and place of your appointment. If you need to make changes to your appointment please phone the clinic at the number on the appointment letter.

You may have been asked to make an appointment with your own family doctor (GP) to have your sutures removed prior to your outpatient appointment.

If you are concerned about any aspect of your procedure please contact your own GP first.

## After Hours medical centres - for GP services after hours

### Kenepuru Hospital Accident & Medical

(04) 918 2300

Open: 24/7

### Paraparaumu -Team Medical Coastlands Shoppingtown

(04) 298 2228

Open: 8am - 10pm everyday

### Waikanae

(04) 293 6002

Open: Monday to Thursday: 7pm - 8am

Friday: 5pm - 8am

Saturday, Sunday & Public Holidays: 24hrs



## Accident & Urgent Medical Centre Wellington

(04) 384 4944

Open: 8am-11pm every day. No appointment necessary.

## Healthline

If you are unsure whether you need to visit your GP or After Hours medical centre, call Healthline for free advice from a registered health professional anytime on 0800 611 116.

## REMEMBER IN AN EMERGENCY CALL 111

## District Nursing contact numbers

**Wellington:** (04) 385 5821

**Kenepuru:** (04) 918 2011

**Kapiti:** (04) 298 6746

## Useful contacts and further information

**CCDHB Orthopaedic Services:** [www.healthpoint.co.nz/default,70917.sm](http://www.healthpoint.co.nz/default,70917.sm)

**CCDHB Urological Services:** [www.healthpoint.co.nz/default,70887.sm](http://www.healthpoint.co.nz/default,70887.sm)

## Central Equipment Pool Return Points

- Wellington Hospital, Level C, Ward Support Block
- Kenepuru Hospital, Security Orderlies, Main Entrance
- Kapiti Health Centre, Reception Area

All enquiries please phone (04) 918 6334 or email [cep@ccdhb.org.nz](mailto:cep@ccdhb.org.nz)

## Contact us

**Ward 6 North**

**Orthopaedic clinic:** (04) 385 5952

**Urology reception:** (04) 358 80911

**Capital & Coast DHB**

**Phone:** (04) 385 5999

**Email:** [info@ccdhb.org.nz](mailto:info@ccdhb.org.nz)

[www.ccdhb.org.nz](http://www.ccdhb.org.nz)