

Day case surgery at Leicester General Hospital

Pre-operative Assessment

Information for Patients

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What is day case surgery?

Day case surgery is when you are admitted to hospital for a planned surgical procedure, and you then return home on the same day.

Day case surgeries help the NHS by reducing waiting lists and demands on the service. Patients also benefit when an overnight stay in hospital is not needed, as it allows you to recover in your own environment, and the risk of getting a hospital related infection is lower.

After your surgery, you will be assessed before discharge to make sure you are fit and well to return home. We advise that you have someone with you for at least 24 hours after your discharge.

If you are not fit to be discharged or we need to monitor you further, we will ask you to stay overnight.

How long will my recovery time be after day surgery?

This will depend on the surgery you have had. Your recovery time may vary from a few days for minor procedures, or up to 6 weeks for more major operations.

What can I expect on the day of my surgery?

You will be admitted to Theatre Arrivals Area 1 (TAA) or a Day Case Ward at Leicester General Hospital on the day of your surgery.

The ward nurse will go through a safety checklist with you and check your observations (blood pressure etc.). You will be shown around the ward and where to wait.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

You will be given a gown and disposable pants to change into.

The nurse will also measure your lower legs and provide you with a pair of anti-embolism stockings (AES). These must be worn while you are in hospital as they help to reduce the risk of blood clots.

Please feel free to walk around the ward or to sit in the day room whilst you wait to go for your operation.

After your procedure you will be taken to the day case area with your belongings.

Catheters and packs are not routinely used during day case surgery. If they are needed, they will be removed before your discharge, or a follow-up appointment will be arranged for removal.

Eating and drinking after your operation:

It is important to eat and drink after your surgery. Start with plain water and a light normal diet.

After your surgery you may feel sick or may vomit. This is usually caused by the anaesthetic or some of the drugs that are used. You may be given medication during your operation to reduce this. Gentle mobility will also help to reduce this. If you continue to feel sick please tell the nurse.

Managing pain:

Good pain control improves your recovery. It helps you to walk about, breathe deeply, eat and drink, feel relaxed and sleep well. It is normal to feel some pain after surgery, which can be managed in the following ways:

- **For minor surgery** - we suggest you buy over-the-counter paracetamol and ibuprofen before your procedure, just in case you need help to ease any pain.
- **For major surgery** - we suggest you buy over-the-counter paracetamol and ibuprofen before your procedure, for pain relief. You will be given codine and a laxative to take home with you if needed. You do not have to use all of these medications and should reduce them slowly during your recovery.

We will tell you which medication you have had during your admission, to ensure you do not over medicate after discharge. Please also make yourself aware of all the possible side effects from the medication and seek advice when needed.

It is also not unusual with some surgeries to experience wind related pains under the shoulders and ribs. Regular mobility and natural methods such as peppermint tea may help ease this.

When will I be discharged on the day?

While you are in hospital we will check your blood pressure, pulse, respiration rate and temperature, regularly throughout the day. We will also check how much fluid you are taking in.

You will likely be discharged once you are passing urine and any bleeding is controlled. You will be assessed before discharge to make sure you are fit and well to return home.

You must be collected by a responsible adult, and someone must stay with you for at least 24 hours after your discharge.

You must not drive after having a general anaesthetic. You must not drive until you feel able to control your car in an emergency situation. Check with your insurance company if you are unsure.

If you need a sick note for your employer, we will give this to you on discharge.

What happens after surgery?

Before you are discharged we will let you know if a follow-up appointment will be needed.

The day after your discharge you will receive an Accrux text message. This will contain a link to an online form/ questionnaire so we can ask you some questions to check how you have been overnight. Please complete this online by responding to the questions asked. There will also be an area for you to ask questions if you need to.

Depending on your response on the online form, you will be advised if you need to attend any further follow-up.

If you feel very unwell, please do not hesitate to call us using the contact information below or attend the Emergency Department if necessary.

Contact details

If there is anything you are unsure about, please ask a member of staff or call us on the telephone numbers given below:

Leicester General Hospital - Gwendolen Road, Leicester LE5 4PW:

Pre-assessment Clinic (open Monday to Friday - 8am to 4pm)	0116 258 4839
Theatre Arrivals Area 1 (TAA) (No visitors)	0116 258 8210
Day Case Ward (No visitors)	0116 258 8130

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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