



Berwick Colorectal & Surgical Specialists

POST SURGERY – FREQUENTLY ASKED QUESTIONS

What to do before my surgery?

- Advise the rooms if you are on any medication or **DIABETIC**
 - Including blood thinners such as Plavix, Eloquis, Warfarin.
- It is very important you understand your scheduled surgery, the potential outcomes, problems, and complications that may arise. If you have any questions another consultation can be arranged to clarify your concerns.
- The risk of complications after surgery is greatly increased by smoking. It is recommended that you **cease smoking at least one month** prior to your surgery.
- Take all regular medications **EXCEPT** those your surgeon has requested you to cease before surgery. These may include some diabetic medication or blood thinners

How long do I fast for?

- For a morning operation, you will need to fast from midnight the night before and for an afternoon operation from 6am.
- Fasting = **NOTHING** to eat or drink.
- **DO NOT** chew gum or lollies.

What happens after admission?

- Your surgeon will see you to discuss the details of your operation and answer any questions.
- You will meet your surgeons team consisting of an anaesthetist, surgical assistant, theatre nursing staff and theatre technicians.

What happens during surgery?

- You will be wheeled into theatre on a bed and transferred to the operating table. You will then be anaesthetised.

What happens after my surgery?

- A nurse will look after you until you are comfortable. You will then be transferred to the patient ward to rest.

- Day patients will remain in recovery until given discharge information and NOK will be called.

When will I see my surgeon again?

- Your surgeon will endeavour to see you after surgery either in the evening or during the next day before you are discharged.
- After your surgery your surgeon will call your nominated contact person.
- You will be provided with a post operative appointment date in the rooms for approx. 2 weeks' time.

How long will I be in hospital?

- Please refer to your admission information for the length of stay post-surgery

Can I get a medical certificate?

- The main rooms can email you a certificate. An initial 1-week certificate is provided in your admission letter.

Will I have pain after my surgery?

- You will then generally start to experience some discomfort and should take regular pain medication.

What pain relief will I have?

- You may be discharged with different types of pain medication; these can have different brand names. You may be given a **quick** acting and a **slow** acting pain medication.
- **Endone** OR **Tramadol** for **quick** relief of pain. Please take if pain gets worse during the day. (You can take one or two tablets every 6 hours).

AND

- **Targin** OR **Oxycontin** OR **Palexia** are all different brands of **slow** pain relief. Take one tablet morning and night of **Targin** OR **Oxycontin** OR **Palexia**.

Can I take Nurofen? Or other anti inflammatory (NSAID)?

- Anti-inflammatories also called NSAID's (non-steroidal anti-inflammatories) like Nurofen can often be helpful. Take only as directed on the box **HOWEVER avoid taking** if you have a history of ulcers or known allergy to anti-inflammatories.

When can I drive after surgery?

Return to driving is dependent on the surgery you have. Please discuss this with your surgeon at your appointment. NOTE: driving is prohibited within 24 hours of an anaesthetic.

When can I go back to work?

Minor procedures may result in patients returning to work the next day, please speak to your surgeon or the staff prior to your procedure for an estimated return time frame.

I live alone.

Can I go home after surgery?

It is highly recommended to stay with someone or arrange for someone to stay with you for the first few nights

Who do I contact with concerns post-surgery?

If an emergency – please contact 000

Our rooms will be your first non-emergency contact, our staff are able to offer general advice and contact your surgeon/hospital if required.

Our rooms can be contacted by
Phone: **(03) 9707 0685**

Email: **admin@bcass.com.au**

Our rooms are staffed 9am-5pm

Monday – Friday

****Closed on weekends and public holidays.**

If by chance you are not able to reach our staff by phone or email, please contact the hospital where you had your surgery. They will also be able to contact your surgeon directly.