



ADCU Discharge Information

Before your procedure you received the following anaesthetic:

(Please only read the relevant section)

General Anaesthetic

Local Anaesthetic

Sedation

Regional Block

General Anaesthetic

The Anaesthetic / Sedation you received today for your procedure included strong medication which will affect your body for at least the rest of the day. Your co-ordination and your ability to perform various tasks may be affected. You should therefore adhere to the following guidelines for the next 24 hours:

- Do not drive under any circumstances or travel home on public transport
- You must have transportation to get home and have a responsible adult at home with you for the first night following the procedure
- Do not have any alcohol
- Only take any medication that has been prescribed by a doctor. However, if you have not been prescribed painkillers, a simple painkiller such as paracetamol may be taken
- You should make no plans for the rest of the day
- Avoid activities which require co-ordination or alert responses such as cooking, childcare, operating machinery or electrical appliances
- Avoid making decisions of major importance such as signing legal papers

Local Anaesthetic

You may experience some pain or discomfort as the anaesthetic wears off, and you may need to take mild painkillers e.g.

paracetamol to relieve this.

Your named nurse was:

If you need any advice please contact us:

ADCU: 0121 685 4080
(Mon-Fri 8am-6pm)

Hospital Switchboard 0121 685 4000
(Ask for the Clinical Site Coordinator at The Royal Orthopaedic Hospital)

Regional Block

You have been given a regional, local anaesthetic, nerve block today as part of your treatment plan, this was to help with pain relief during and after your surgery. Following a regional nerve block you may experience:

- Loss of feeling or movement in the affected area (arms or legs).
- A sensation of pins and needles in the anaesthetised limb(s) and /or prolonged numbness or weakness.

In all cases the local anaesthetic should wear off within 24 hours, you will be advised by your nurse what you should expect, if you have loss of feeling or movement which continues after the first 24 hours please call ADCU or Clinical Site Coordinator.

Following spinal or epidural anaesthetic:

You may have a lower blood pressure following the anaesthetic. This can make you feel faint or sick. It is treated by encouraging oral fluids. Headaches – mostly get better with simple pain relieving drugs. If your headache gets worse on sitting or standing and improves if you lie down please inform your nurse or GP. You might need to be assessed by an anaesthetist.



ADCU Discharge Information

Dressing Information

Please reduce (leaving the smaller dressings in place) your bulky dressing in:

48 hours

72 hours

Please remove your dressing very carefully in:

24 hours

48 hours