

## Sexual activity

Depending on the operation you have had you may be concerned about resuming sexual intercourse. Our clinical staff are very comfortable giving you this advice. Unless you have been advised otherwise you should do what feels right for you. Sexual intercourse may be resumed with care when you feel comfortable.

## Helping your recovery

At Buckinghamshire Healthcare Trust we pride ourselves on providing our patients with the highest standards of care, and this continues once you have left hospital. If you have any problems, queries or worries concerning your recovery, then do not hesitate to contact us.

## How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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# Discharge Advice

## Patient information leaflet

If you require a translation or an alternative format of this leaflet please call PALS (Patient Liaison and Advice Service) on 01296 316042

Safe & compassionate care,

every time

## Preparing to leave the hospital for home

### General Instructions

You should feel prepared to go home. If you have any further questions please do not hesitate to ask for information, either whilst you are in hospital or by giving us a call when you get home.

On the day of discharge make sure to see a Nurse who will give you the following items:

- **Discharge letter for your Practice Nurse/GP**
- **Your medications.** If you have stopped or started medications, before or after surgery, make sure you understand the changes.
- **An outpatient appointment** will be sent to you if needed

### Help following your stay

It is very important that you organise the necessary support for when you return home. After major surgery it is a good idea to ask a friend or family member to stay with you or to help with simple chores. They can also provide you with some moral support, as once you have left hospital you may feel isolated and uncertain of what to expect.

### Helpful hints for recovery

#### Becoming mobile again

Following treatment you will find a small amount of daily exercise is very helpful. Avoid tight clothing. Loose garments are generally more comfortable and are a lot easier to put on.

### Rest and Activity

It is perfectly normal to feel tired and rather vulnerable on first returning home. You may also feel frustrated at not being able to do all the things you want. Making a plan to gradually increase your activities over time may help. Another useful idea is to set aside time each day for total relaxation, making sure your friends and relatives know that you do not wish to be disturbed.

## Healing

All wounds progress through several stages of healing. Depending on your treatment you may experience such sensations as tingling, numbness and itching. You may also feel a slight pulling around the stitches or staples and a hard lump forming. These are perfectly normal and are part of the healing process. However if a wound starts swelling or discharging then you should contact your GP who will contact the Infection Control Department if necessary.

## Eating

Due to any lack of activity you may lose your appetite or suffer from indigestion. Small meals taken regularly can help. If you have lost your appetite then milky drinks provide a source of energy and goodness.

## Going to the toilet

The difference in diet, the change in level of activity and the prescription of medication can lead to irregular bowel habits. This is perfectly normal and the problem should correct itself in time. However, if you are suffering with constipation, you can help yourself by eating a high fibre diet with plenty of fresh fruit and vegetables and drink plenty of fluids.

## Household Jobs

You should avoid all strenuous and taxing jobs immediately after treatment. Only when you feel up to it, should you attempt small chores. Ideally get somebody to help you.

## Work

It is best to feel completely recovered before you return to work. If necessary go back on a part time basis then build up your hours gradually. Discuss this with your GP as it depends on your type of operation and type of work. If you need a sick note ask the surgical team.