

## Burnside Hospital Patient Discharge Guidelines

As you are going home soon, we would like to help make the transition easier by providing you with following information.

- Please note that the discharge time is 10.00am. In the event that you are unable to leave the hospital at this time due to a transport delay, you may be asked to wait in the patient lounge area.
- We suggest that you send flowers and any additional equipment (other than your mobility aid) home the evening before discharge.

### Before Leaving Hospital:

Your nurse will go through your discharge summary with you as a checklist that you have everything you need to take home and do not leave any of your personal belongings at the hospital. Once satisfied, both you and your nurse will sign this summary.

Please ensure that you take home with you the following items:

- All the handouts/information leaflets (i.e. physio) provided to you during your stay;
- All equipment ordered for home
- Your own medications and any new 'Discharge' medications – any new medications (i.e. pain relief) commenced during your admission will be ordered and dispensed prior to discharge.
- Any x-rays (those you brought in and any new x-rays taken during your stay)
- Valuables stored in safe: phones/tablets; rechargers; wallets; keys etc.

The nurse looking after you or the Ward Clerk can escort you if required (i.e. if a wheelchair or assistance with belongings is needed) to the Hospital front reception desk for signing out. We request that any outstanding accounts (including pharmacy) are paid on discharge.

### Once you are home:

Wound	<ul style="list-style-type: none"> <li>• Unless otherwise instructed by your specialist, your wound dressing should be left in place until your review appointment.</li> <li>• Unless otherwise instructed by your specialist, keep your wound protected from water as much as possible. Do not immerse yourself in a pool or bath.</li> <li>• If you feel febrile (increased temperature) or experience any sharp increase in pain, swelling or redness surrounding your wound this should be directed back to your specialist.</li> </ul>
Activity	Continue any exercises you were prescribed by the Physiotherapy team whilst in hospital until further review by either your specialist or physiotherapist. Whilst gradually building up walking distance and endurance at home, avoid additional activities until instructed.
Compression stockings	If you were provided with compressions stockings, unless directed otherwise, continue to wear your stockings for two weeks or until your follow up appointment with your specialist.
Driving	You should not drive until instructed to do so by your surgeon, often after your follow up appointment.
Medication	If you are prescribed pain medication, take it regularly and do not let pain get severe. If you require additional prescriptions, including analgesia, please see your GP.
Ongoing care	Whilst issues related to your hospital admission should be directed back to your admitting specialist, your GP will take over your general medical care needs after discharge, i.e. nausea, constipation.

We hope you have had a pleasant stay at Burnside Hospital and we wish you all the best in your ongoing recovery and rehabilitation.

**DISCLAIMER** This fact sheet provides general information only. For specific advice about your baby or your healthcare needs, you should seek advice from your health professional. Burnside Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional.

If you or your baby require urgent medical attention, please contact your nearest emergency department.

## Contact

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