

FREQUENTLY ASKED QUESTIONS

WHAT DO I TAKE TO HOSPITAL?

- X-rays and imaging.
- Documentation about your health fund.
- Pathology results.
- Regular medication.
- Any letters from doctors.

WILL I NEED SOMEONE TO TAKE ME HOME?

You must make arrangements for a responsible adult to take you home after your surgery. This is advisable if you have either had a day procedure or if you are in hospital for a period of time. It is strongly suggested that you have someone stay with you during the first 24 hours or until you are able to get around safely.

WHAT SHOULD I WEAR?

Wear loose fitting clothes that are easy to put on and will fit over bulky bandages or surgical dressings. Leave any jewelry and valuables at home. Please remove make up and nail polish. Shower either the night before or the morning of your surgery. For foot surgery, pay particular care that your feet and nails are clean.

CAN I TAKE MY REGULAR MEDICATION?

Yes you can, even on the day of surgery with a small sip of water. The exception is patients on insulin for diabetes or those on blood thinning tablets.

WILL I HAVE MY SURGERY AS SOON AS I AM ADMITTED TO HOSPITAL?

No. There may be a wait depending on the order of the list

WILL I SEE MY SURGEON PRIOR TO SURGERY?

You will be seen in the preoperative holding area before the operation or earlier to have your consent checked and limb marked.

WHEN IS MY POST OPERATIVE APPOINTMENT?

It will be approximately 2 weeks after your surgery. This will be given to you either at the time of booking the surgery or you should call the rooms to organise an appointment.

HOW DO I OBTAIN A WORK CERTIFICATE?

Please call the rooms after surgery and a certificate will be issued.

WHAT IF I FEEL NAUSEATED?

The most common cause is excess codeine or morphine. Try taking Panadol and anti-inflammatories instead.

WHAT IS THE PROCESS OF DISCHARGE FROM HOSPITAL?

Hospitals are busy places and beds are required for other sick people requiring treatment. You will be discharged when pain is controlled by oral medication and you are safely mobilizing.

WHEN CAN I DRIVE?

You will be safe to drive when you can fully mobilise and access the car's brakes/accelerator without pain or hindrance. You must have weaned off any braces and moon boots. This is usually at least after the first post-operative appointment.

WHAT DO I DO WITH MY DRESSINGS AFTER THE OPERATION?

Keep the dressings intact and dry. You may need to use a plastic or garbage bag over your dressing and secure with tape such as duct tape.

WHAT DO I DO IF MY DRESSING GETS WET?

Take the dressings down and replace with gauze and a crepe bandage.

WHAT IF MY BANDAGES BECOME BLOOD STAINED AND OR TIGHT?

Contact the rooms and an appointment will be made to change your dressings.

WHEN WILL THE SWELLING GET BETTER?

Swelling often increases over the first 6 weeks and reduces over the next 6 weeks. Excessive swelling can sometimes lead to stiffness and nerve pain, so rest and elevation is important in the period right after surgery. Swelling will improve once mobility has returned and will continue to improve.

WHEN CAN I TRAVEL BY AEROPLANE?

You can travel at any time but there are increased risks of deep vein thrombosis during the first three months after surgery.

WILL I BEEP GOING THROUGH AIRPORT SECURITY?

Usually not, however in some cases your metalware may be detected. If unsure, take a copy of your x-rays.

WILL I HAVE ANY PAIN AFTER THE OPERATION?

Some pain after surgery is unavoidable. If you experience severe pain that escalates rather than subsides then contact the rooms for an urgent review. There shouldn't be excessive pain after more than a few days after the operation.