



Immediate Post Operative Care

When you return your room after your operation you should make sure that you get as much rest as possible. It is fine to get up to go to the bathroom, but otherwise you should try and rest in bed. Your head will be wrapped in a tight head bandage at first – this is necessary to help prevent any excessive bleeding. You will usually have two small plastic tubes in the wounds until the next morning – these can be uncomfortable. If you are unsure about anything there are nurses available 24 hours a day – please do not hesitate to ask for their assistance.

When the local anaesthetic wears off the wounds may become uncomfortable so you should ask your nurse for some painkillers as soon as you become aware of any discomfort. Try to use the simplest painkillers prescribed for you – stronger painkillers can have significant side effects such as dizziness or nausea.

You may eat and drink as soon as you wish after your operation. We ask you not to eat anything from midnight after your operation until one hour after your drains are removed, although you may drink whatever you wish. This is a safety precaution as very occasionally patients can develop a haematoma (bleeding) after removal of their drains and this may need treatment under a general anaesthetic.

Any wound drains will be removed at about 9 o'clock the morning after your operation. The drains are taken off suction about one hour before this – this is a good time to ask for some painkillers as this seems to make drain removal significantly more comfortable. After your drains have been removed you can have a shower and gently wash your hair and then have something to eat before you get ready to go home. You should not apply any make up at this early stage. Before you go home you will be given a pack with further post-operative instructions, a lighter head bandage, some painkillers and some ointment (Polyfax) for the wounds. Before you are discharged you will be given an appointment for removal of your first set of stitches in the treatment room of the Spire Hospital.

talk to **me**

If you would like to discuss any aspect of this treatment please contact us on:

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