

Specialising in Advanced Keyhole Surgery

Hernia

Gall Bladder

Weight Loss

Reflux / Hiatus Hernia

Excessive Sweating

Facial Blushing

Carpal Tunnel

Bowel

**If you require further information on any of these services,
please contact us on (03) 9760 2777**



2 Langwith Avenue, Boronia, Victoria 3155
Telephone (03) 9760 2777 Facsimile (03) 9761 0207
www.lapsurgeryaustralia.com.au

DISCHARGE INSTRUCTIONS

Surgery of the Thyroid Gland

- MR RAY McHENRY
- MR CHRIS HENSMAN

- MR RICHARD GILHOME

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**
2 Langwith Avenue,
Boronia
- THE VALLEY PRIVATE HOSPITAL**
Churchill Consulting Suites
Cnr Police & Gladstone Road, Mulgrave
- ROSEBUD SURGICENTRE**
1537 Point Nepean Road
Rosebud West
- THE BAYS PRIVATE HOSPITAL**
Vale Street,
Morningson
- ST JOHN OF GOD HOSPITAL**
Consulting Suites
Suite 4, 8 Gibb Street, Berwick

Day _____

Date _____

Time _____

DISCHARGE INSTRUCTIONS: **Surgery of the Thyroid Gland**

Analgesia:

- Take Paracetamol/Panadeine 2 Tabs 4-6 hrly or prescribed analgesia, as required.
- Do not drive or operate machinery if taking prescribed medication.

Diet:

- Swallowing and eating may be difficult for the first few days, so softer foods may be of benefit.

Activity:

- Slowly increase your activity levels as tolerated. Avoid heavy lifting/ straining.
- You may drive your car when you feel safe and confident to do so.

Care of Wound:

- Dressings should be left in place until your review appoint. Keep them clean and dry. If you are concerned about your dressings please contact our rooms for advice.
- Any sutures will be removed at your follow-up appointment with your Surgeon.
- Bruising and swelling around your wound is very common and to be expected. If you are concerned, please contact our rooms.

On- Going Care:

- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on **9760 2777** to arrange your post operative appointment.
- Notify the Rooms if you experience any problems with your wound, including abnormal redness, pain, or discharge.

- ***If you experience any noisy breathing or difficulty in breathing, muscle spasm in your neck, or tingling in your lips or fingertips please contact our Rooms immediately. Out of Hours you should go to either Knox Private Hosp. or The Valley Private Hosp. Accident and Emergency Dept.***

Out of Hours: Ph: 9760 2777

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.