

Going home after your liver surgery

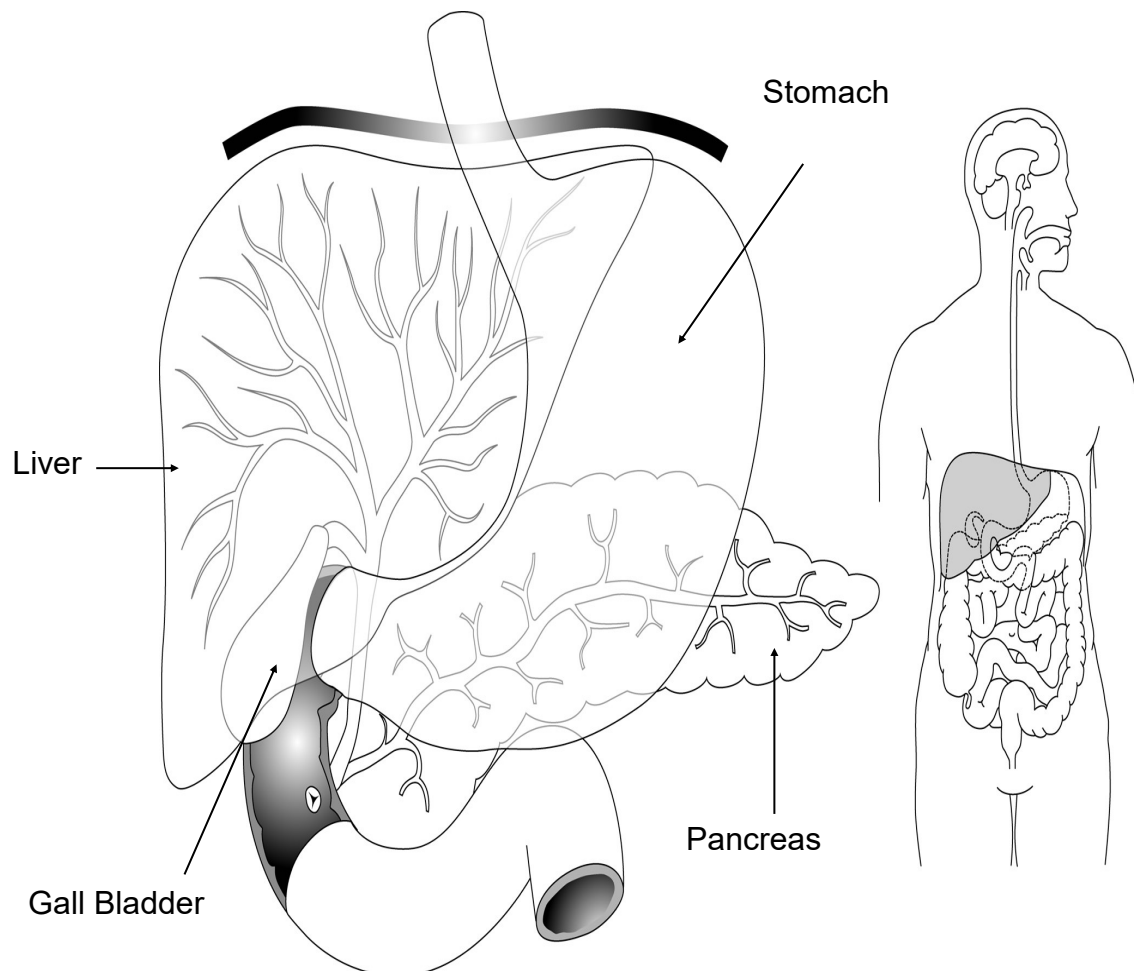
Information for Patients

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Hepatobiliary & Pancreatic Services

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**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Important information

Following your recent liver surgery, we hope that the information below will be useful when you go home.

- Remember that your recovery is unique to you. Everyone recovers at different rates.
- **Tiredness:** you will feel tired for some weeks following your operation, while the liver restores itself. Have plenty of rest.
- **Exercise:** gentle exercise will help you gain strength and increase your mobility. Sporting activities may be resumed as you feel able, as can sex. However, seek your doctor's advice before starting strenuous activity for the first time.
- **Pain relief:** you will be given pain relief medication to take home with you. If you are in pain, it is important that this medication is taken according to the instructions on the packet. It is much better to keep pain under control than to try and treat it when it has become unbearable.
- **Wound care:** if your wound needs dressing, the ward staff will organise for your local district nurse to do this. Please ensure that the area is kept clean and dry. You may notice some numbness if the skin below the scar line– this is normal and is a result of nerves being cut during surgery. This numbness will fade in time.
- **Diet:** there are no restrictions on your diet. However some people find that their appetite is poor at first. It is important to eat balanced meals, with plenty of protein, while your body repairs itself. Frequent small meals will help.
- **Alcohol:** you are advised not to take alcohol until after your out-patient appointment, usually 6 weeks following surgery.
- **Driving:** you should not drive for several weeks after your operation. You must not drive until:
 - you are no longer requiring strong painkillers
 - you are able to safely make an emergency stop

You will need to inform your insurance company of your hospital stay.

Further Information

Please contact your GP or specialist nurse (key worker) for advice if you experience:

- A temperature above 38°C
- Redness or leakage from your wound
- Any increase in pain / new pain
- Nausea or vomiting
- Jaundice
- Any new or unexplained symptoms

Useful contact numbers

For all enquiries after going home from hospital use the contact details on the red business card you will be given before you go home.

If you need to speak to a member of the Hepatobiliary and Pancreatic Nurse Specialist Service, contact them using the details on the card they will have given you.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk