

# Going home after you pancreatic surgery

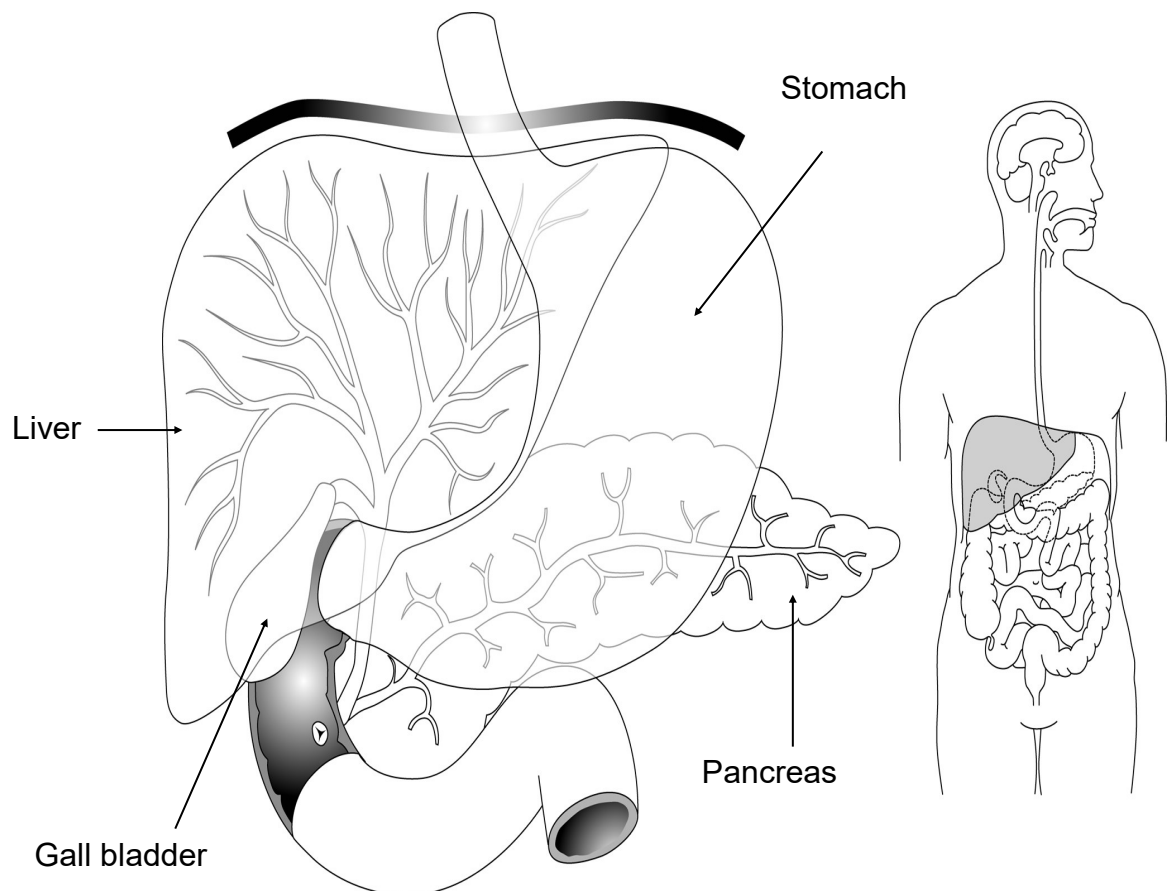
Information for Patients

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Hepatobiliary & Pancreatic Services

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**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Important Information

After your recent pancreatic surgery, we hope that the following information 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, even several months, following your operation. Have plenty of rest.
- **Exercise:** gentle exercise will help you gain strength and increase your mobility. Gentle sporting activities may be resumed as you feel able, as can sex. However, seek your doctors advice before starting any 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 the pain under control than to try and treat it when it becomes unbearable.
- **Diet:** there are no restrictions on your diet. However, given the nature of the surgery you have had, you will probably have lost weight following surgery. It is important to eat balanced meals. If your appetite is poor, small meals every few hours may help you gain weight.
- **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 of the skin below the scar line - this is normal and is a result of the nerves being cut during surgery. This numbness will fade in time.
- **Pancreatic enzymes:** you may already have been prescribed capsules to help you to break down the fats in your diet properly. However, whether you are taking the capsules or not, but notice that you are experiencing one or more of the following, please contact us: excessive wind pains; weight loss; opening your bowels more than three times per day; stools that are pale, smelly and difficult to flush away.
- **Driving:** you should not drive for several weeks after your operation. You must not drive until you are no longer requiring strong painkillers, and you are able to safely make an emergency stop. You will need to inform your insurance company of your hospital stay.
- **Follow-up care:** following your surgery, you will be seen in the outpatient clinic about four to six weeks following your discharge. If you are still awaiting histology results on your discharge, then the appointment will be sooner.

## 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 the 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](mailto:equality@uhl-tr.nhs.uk)