

Going home from hospital after head and neck surgery

ENT and Maxillofacial Services

Information for patients

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Introduction

Your medical team is now happy for you to be discharged home. Going home from hospital can be an anxious time.

Over the next few pages you will find important information about your discharge including next step appointments and useful contact information.

Appointments

Your next appointment in the out-patient department will be on:

..... at

You will be visited at home by the following people:

..... on

..... on

..... on

You may also require further outpatient appointments with other members of the head and neck multidisciplinary team (MDT) - your medical team or Clinical Nurse Specialist (CNS) / key worker will be able to tell you about these.

**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

Useful information

- We will provide you with medication (including any nutritional supplements) and any other supplies you need to last for your first seven days at home. Your GP will then continue any prescriptions as needed.
- Please remember that although you are medically fit to be discharged from hospital it may be some time before you are able to go back to your normal level of activity.
- Gentle exercise is recommended after treatment for cancer if you feel well enough.
- Please ask your nurse if you require a sick note (fit note) for work.
- Changes to your sleeping pattern are normal after major surgery, especially when you go home. Take naps in the day if needed and if the problems continue see your GP for further advice.
- If you have dressings that need to be changed or stitches to be removed you will be referred to your local community nurses.
- If you feel able you can also self-manage any small dressings at home, such as a tracheostomy dressing if you have one. Please ask the ward staff to show you what to do.

Support after you go home

Clinical Nurse Specialists (CNS) / Key workers

We are available Monday to Friday, 8am to 4.30pm.

If you are concerned about anything or have any questions please contact us using the following numbers:

07960 500043

07950 881863

Support group

Attending a support group can be a valuable way of seeking advice and guidance from others who have had similar treatments to you.

Our support group meets on the second Friday of each month.

Ask your key worker for further details.

Dietitians

The specialist dietitians can offer advice about diet after you go home and can be contacted on the following number:

0116 258 5400

HENs

The community dietitians can be contacted Monday to Friday if you have any concerns regarding your feeds or PEG/RIG:

0116 2227161

Speech and Language Therapists

We can be contacted for advice:

0116 258 5363

What to look out for

Contact your GP, CNS / key worker or the Kinmonth Unit if you notice any of the following:

- Soreness, redness or pus from around your feeding tube (if you have one)
- A high temperature that does not respond to paracetamol or lasts for more than 24 hours.
- Any signs of infection (soreness, redness, pus) around your surgical wounds.
- Vomiting or diarrhoea which lasts for more than 24 hours.
- Any bleeding that does not stop: call 999 immediately.

Other useful numbers

Kinmonth Unit	0116 258 5327
ENT Outpatient Department (OPD):	0116 258 5318
Maxillofacial Outpatient Department (OPD):	0116 258 5671
District nurses (SPA)	0300 300 7777
Macmillan Information and Support Centre	0116 258 6189

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة 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