



**Vision**  
Hospital Group  
Your care. Our focus.

**Information  
for patients**



**After your surgery:  
what you need  
to know**

[visionhospitalgroup.com.au](http://visionhospitalgroup.com.au)

# What can you expect at a Vision Hospital Group day surgery?

Vision Hospital Group provides state-of-the-art operating suites and specialist theatre teams in an expertly managed, no-fuss environment.

At our day surgeries, patients receive outstanding, professional care in well-appointed facilities.

We are dedicated to optimising patient outcomes and ensuring patient comfort at all times.

All of our day surgeries are fully accredited against National Safety and Quality Health Services Standards.

We also have a patient and staff safety program, called 'In Safe Hands'.

This program brings together Vision Hospital Group's infection control procedures, measures to safeguard patients' emotional wellbeing, and our commitment to delivering quality services. From hand hygiene, social distancing and cleaning, to handling patient confidentiality and feedback, In Safe Hands describes the practical measures we undertake to ensure the safety of our patients and staff.



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Rest assured  
you're in safe hands



## What will happen before you leave the day surgery?

**After your surgery, we will transfer you to our recovery room where a nurse will monitor your progress until you are ready to be discharged. If you have been fasting, you will be offered some light refreshments. Once you are fully recovered, your carer can join you.**

Before you leave the day surgery, our nursing staff will discuss your post-operative care with you, including any medications your surgeon has prescribed and how to care for your operation site. We will also provide written instructions for your post-operative care. If you need to return to your surgeon's rooms for a review, you will be given an appointment at this time.

We encourage you to discuss any questions or concerns you and your carer may have with our nursing staff. Please ensure you raise any questions before you leave the day surgery.

Unless otherwise advised, you will not be able to drive for 24 hours after your surgery, so you must have a responsible adult drive or accompany you home. Once you are fully recovered, we will hand you over into the care of the person taking you home.

After you leave the hospital, one of our nurses may contact you by phone to check on your progress and to answer any further questions you may have.



## What do you need to do after your surgery?

**Please ensure you follow the care instructions given to you, including what NOT to do after surgery.**

You may feel slightly drowsy for 24 hours after your surgery. During this time, you are not allowed to drive, operate machinery, consume alcohol or sign any legal documents. It is recommended that a responsible adult stay with you overnight. If you have young children, you will need to arrange for someone else to take care of them.

You will be able to eat and drink as normal after being discharged, and your doctor will confirm when you will be able to resume your normal activities.

It is important to continue to use any medications as prescribed by your surgeon. If you are leaving with a dressing to your operation site, please ensure you follow the care instructions given to you.



# Frequently asked questions

## Can I discharge myself after the procedure?

You cannot discharge yourself after your surgery. Unless otherwise advised, you will only be allowed to leave the day surgery with a responsible adult who can take you home. This means you will not be able to travel by yourself, even if you intend to catch a taxi.

## When can I return to my normal activities?

Your surgeon will advise you of when you can return to your normal activities. Their advice will take several factors into account, including the type of surgery you have had, recovery time and the types of activities you normally engage in.

## When can I resume my usual medications?

If you were asked to stop your usual medications before your surgery, your surgeon will advise you of when you can resume taking them. Please ensure you understand your surgeon's advice before you leave the day surgery.

## What should I do if I experience complications after my surgery?

You may receive your surgeon's emergency contact information before leaving the hospital. Do not hesitate to contact your surgeon if you experience any complications. You can also call the day surgery for advice. In an emergency, please call 000 immediately.

## Who can I contact if I have questions about my post-operative medications, recovery and/or care?

For all non-urgent queries about your post-operative care, please contact the day surgery or call your surgeon's rooms.



# Contact us

For more information about the Vision Hospital Group day surgeries, contact our Head Office on **(03) 8844 4000** or email [enquiries@visionhospitalgroup.com.au](mailto:enquiries@visionhospitalgroup.com.au)

## Our state-of-the-art day surgeries

### NEW SOUTH WALES

#### Forest Road Day Surgery

Ground Level, 99A Forest Road,  
Hurstville NSW 2220

**T:** (02) 9330 6988

#### Chatswood Day Surgery

270 Victoria Ave,  
Chatswood NSW 2067

**T:** (02) 9424 9999

### QUEENSLAND

#### North Queensland Day Surgery

119 Kings Road,  
Pimlico QLD 4812

**T:** (07) 4725 2677

#### RiverCity Private Hospital

Level 2, 401 Milton Road  
Auchenflower QLD 4066

**T:** (07) 3736 3010

#### Vision Centre Day Surgery

Ground floor, 95 Nerang Street,  
Southport QLD 4215

**T:** (07) 5528 4020

### SOUTH AUSTRALIA

#### Windsor Gardens Day Surgery

Level 1, Suite 1,  
480 North East Road,  
Windsor Gardens SA 5087

**T:** (08) 7078 5978

### VICTORIA

#### Camberwell Day Surgery

27 Denmark Hill Road,  
Hawthorn East VIC 3123

**T:** (03) 9882 1347

#### Footscray Day Surgery

89 Paisley Street,  
Footscray VIC 3011

**T:** (03) 9689 9233 [opt 2]

#### Panch Day Surgery Centre

Corporate One Business Centre,  
Level 4, 84 Hotham Street,  
Preston VIC 3072

**T:** (03) 8560 0677

#### Whitehorse Day Surgery

852 Whitehorse Road  
Box Hill VIC 3128

**T:** (03) 9899 9611

### HEAD OFFICE

#### Vision Hospital Group

Level 5, 390 St Kilda Road  
Melbourne VIC 3004

**T:** (03) 8844 4000



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