



**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.



# 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.

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.

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 will contact you by phone or via SMS 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.

If you have been prescribed pain relief, please ensure you take this as advised and follow all instructions given to you by your doctor.

## **How you/your carer can leave feedback**

All patients are given the opportunity to provide feedback after their procedure via an online survey. Your privacy is important to us so we will make sure any concerns are addressed confidentially. **Please refer to the patient feedback flyer in your discharge pack for further details.**

# Frequently asked questions

## Can I discharge myself after the procedure?

You cannot discharge yourself after your surgery. Under no circumstances will you be able to travel by yourself, even if you intend to catch a taxi. You will only be allowed to leave the day surgery with a responsible adult who can take you home.

## 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 your surgeon or anaesthetist asked you to alter your medications before surgery, they will advise when you can resume taking them. Please ensure you understand their instructions before being discharged from the day hospital.

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

Your surgeon will provide you with post-operative care instructions and emergency contact details before leaving the hospital. It is important to contact your surgeon through these numbers if you experience any complications. 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 your surgeon's rooms or the day surgery.

# Contact us

## NEW SOUTH WALES

**Chatswood Day Surgery**  
Level 4, 270 Victoria Ave,  
Chatswood NSW 2067  
[enquiries@chatswoodds.com.au](mailto:enquiries@chatswoodds.com.au)

**Forest Road Day Surgery**  
Ground Level, 99A Forest  
Road, Hurstville NSW 2220  
[enquiries@forestroadds.com.au](mailto:enquiries@forestroadds.com.au)

## QUEENSLAND

**North Queensland  
Day Surgery**  
119 Kings Road,  
Pimlico QLD 4812  
[enquiries@northqueenslandds.com.au](mailto:enquiries@northqueenslandds.com.au)

**RiverCity Private Hospital**  
Level 2, 401 Milton Road,  
Auchenflower QLD 4066  
[enquiries@rivercityph.com.au](mailto:enquiries@rivercityph.com.au)

**Vision Centre Day Surgery**  
Ground floor,  
95 Nerang Street,  
Southport QLD 4215  
[dsmanager@visioncentre.com.au](mailto:dsmanager@visioncentre.com.au)

## SOUTH AUSTRALIA

**Windsor Gardens  
Day Surgery**  
Level 1, Suite 1,  
480 North East Road,  
Windsor Gardens SA 5087  
[enquiries@windsorgardensds.com.au](mailto:enquiries@windsorgardensds.com.au)

## VICTORIA

**Boroondara Day Surgery**  
110 Church Street,  
Hawthorn VIC 3122  
[enquiries@boroondarads.com.au](mailto:enquiries@boroondarads.com.au)

**Camberwell Day Surgery**  
27 Denmark Hill Road,  
Hawthorn East VIC 3123  
[enquiries@camberwellds.com.au](mailto:enquiries@camberwellds.com.au)

**Footscray Day Surgery**  
89 Paisley Street,  
Footscray VIC 3011  
[footscrayds@visionhospitalgroup.com.au](mailto:footscrayds@visionhospitalgroup.com.au)

**Panch Day Surgery Centre**  
Corporate One  
Business Centre,  
Level 4, 84 Hotham Street,  
Preston VIC 3072  
[enquiries@panchds.com.au](mailto:enquiries@panchds.com.au)

**Whitehorse Day Surgery**  
852 Whitehorse Road,  
Box Hill VIC 3128  
[enquiries@whitehorseds.com.au](mailto:enquiries@whitehorseds.com.au)

## CORPORATE OFFICE

**Vision Hospital Group**  
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