

Recovering at home

When you are discharged from hospital you may tire easily and feel a little weak and emotional.

- You should take things easy for approximately two weeks. You can make a cup of tea, help with washing up and easy household chores.
- No heavy lifting for six weeks.
- Continue all exercises shown in hospital and gradually increase walking distance.
- You should have some simple pain-killers available at home eg. Panadol.
- Continue a well-balanced diet.
- Keep your wound clean and dry. Do not put any lotions/creams or talcum powder on your wound.

When to seek advice

Seek advice if you have any concerns about your cancer management or you experience any of the following:

- Fever
- Flu like symptoms
- Offensive wound discharge
- Offensive vaginal discharge

Who to contact if problems occur

- Your own general practitioner (GP).
- Oncology liaison nurse:
7.00am to 3.00pm Monday, Tuesday, Friday
8.00am to 4.30pm Thursday
Tel: (08) 9340 2222 ask for pager 3350
- Cancer nurse coordinator
Mob: 0400 021 857
- KEMH Emergency Centre on
Tel: (08) 9340 1433
- Health Direct 1800 022 222

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This information is available in alternative formats upon request

WOMEN AND NEWBORN HEALTH SERVICE

King Edward Memorial Hospital

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Government of Western Australia
Department of Health



Delivering a Healthy WA

Oncology Admission



Admission schedule

Arrangements have been made for your admission on _____

Please telephone the Day of Surgery Admissions (DOSA) unit at King Edward Memorial Hospital (KEMH) on (08) 9340 1459 between 5.00pm - 6.00pm the day before admission.

DOSA will inform you of your admission time and advise whether your surgery is in the morning or afternoon.

If your surgery is on a Monday, please call the unit between 5.00pm - 6.00pm on the Friday before your surgery.

Come in through the main Hospital entrance on Bagot Road and go to the admissions desk.



Arrangements you will need to make

Prior to coming to hospital there are a number of things you need to consider and organise. These include:

- Work - for major procedures you will need four to six weeks leave.
- Care for children while in hospital and recovering from your surgery.
- Housework - assistance with vacuuming, washing, cooking, shopping and any heavy housework duties will be needed after surgery.
- Driving - you will be unable to drive for one to four weeks, dependent on the type of surgery and your doctor's advice.

Ward/hospital routine.

- The oncology specialists include the oncology surgeons, a radiation oncologist, chemotherapy oncologist and pathologist.
- Ward rounds by the doctors are performed each morning.
- On Thursdays a meeting is held between these specialists to review your pathology results.
- An individual management plan is worked out for you. This plan will be discussed with you Friday morning during the doctors' round. If you are discharged prior to Friday morning, your doctor will contact you to discuss your management plan.
- It is very important for your recovery that you are up and walking as soon as possible after the surgery.
- You usually have a shower the morning after your surgery.

Visiting hours

Visiting hours in the Hospital are from 8.00am to 8.00pm.

What to bring to hospital:

- Any x-rays or test results you may have related to this admission.
- All medication you are currently taking in their labelled containers.
- Nightgowns, dressing gown and slippers.
- Toiletries, sanitary pads, tissues, pen and paper.
- Any aides you may use eg. walking stick, glasses etc.
- Small amount of money for newspaper etc.

Please leave valuables at home.

Your stay in hospital will be for approximately _____ days after the surgery.

Allied Health Services

These services are available to offer you support and assistance with your recovery.

They include:

- Oncology liaison nurse
- Social work
- Physiotherapy
- Dietician
- Occupational therapy
- Clinical psychology
- Chaplaincy