

*The* ROYAL MARSDEN

NHS Foundation Trust

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## Advice for carers of Day Surgery patients

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**Day Surgery Unit  
Chelsea**

**Information for carers**



**NHS**

## Introduction

We hope this information will be helpful to you when looking after your friend or relative after their day surgery operation or treatment.

Your friend or relative will have specific information leaflets about the Day Surgery Unit and their operation or treatment. Please make sure that you read them too. These are all available on the Trust's online Patient Information library via [patientinfo.library.royalmarsden.nhs.uk](http://patientinfo.library.royalmarsden.nhs.uk)

## Your responsibilities as a 'carer' are

- To collect your friend or relative following their operation or treatment. See end of leaflet for details on parking.
- To accompany them home by car or taxi, (it is not advisable to take public transport).
- To stay with your friend or relative for 24 hours (in your home or their home) until the effects of the anaesthetic/sedation wear off.
- To help them with the following activities for the first 24 hours:
  - Cooking and cleaning
  - Washing and dressing
  - Moving around and going up and down stairs
  - Making sure that they take regular painkillers as prescribed or advised
  - Making sure that they drink plenty of soft drinks to prevent dehydration (loss of body fluids)
  - Running any errands.
- To check on any of the common complications following surgery such as excessive bleeding, vomiting, signs of infection or allergic reaction. If you are worried, check the Day Surgery Unit information leaflet and phone the unit or your GP.

## For the first 24–48 hours

Following a general anaesthetic your friend or relative may feel tired, dizzy or weak.

### **They should not:**

- Drive or operate machinery or equipment such as a car, kettle or cooker
- Sign any legal documents or make important decisions
- Drink alcohol.

## After 24–48 hours

They should be considerably better and will need less support and help.

You should not need to stay any longer but perhaps offer some daytime support such as shopping, cleaning or hair washing. This often depends on the age and wellbeing of the person and the type of operation they have had.

Things to check on:

- If they need to come back to the hospital for an appointment
- Make sure that they have a supply of painkillers
- Encourage them to take painkillers regularly to prevent pain (check the instructions carefully)
- Encourage your friend or relative to get back to normal activities as soon as possible.

## Contact details

If your friend or relative has a problem or complication the first night after you get home you should phone The Royal Marsden Macmillan Hotline (details overleaf).

# Parking at The Royal Marsden

There is no parking at The Royal Marsden except for arrival and collection purposes at the entrance.

## Day Surgery Unit

This is located on the first floor, take the stairs or the lift and the unit is on your left.

## The Royal Marsden Macmillan Hotline

020 8915 6899 (available 24 hours a day, 7 days a week)

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### References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

No conflicts of interest were declared in the production of this leaflet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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[royalmarsden.org](http://royalmarsden.org)

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