






Recommended Suggestions, modify as required based on clinical judgement

DAY	-1	0	1	2	3
DATE	___/___/___	OPERATION	___/___/___	___/___/___	DISCHARGE
	Remain active Exercise to raise heart rate	Post-op: Deep breathing Get out of bed if possible	Deep breathing Sit: out of bed most of day Walk: mobilise freely	Out of bed most of the day Wear own clothes Mobilise freely around the ward	
	Normal diet before surgery Clear fluid only after midnight	Pre-op: No food after midnight Clear fluid (water) to 06:00 Post-op : Sips -> free fluids -> normal diet as tolerated	Free fluids and normal diet as tolerated		
	Continue regular meds	Regular meds as directed by APU LA infiltration by surgeons Oral analgesia post-op	Pain team review only if required Start levothyroxine if thyroidectomy Oral analgesia Consider NSAID if eating		Optimise analgesia Team to prepare TTOs Aim for discharge
	Shower well before coming to hospital		ENT team to remove initial drain if <30ml/24 hr output	Remove any remaining drains when <30ml/24 hrs Remove iv cannula when drains out	Ensure cannula removed for discharge
	Call to check arrival time Start discharge planning – refer to SAFER CCD	Confirm discharge plans to avoid delays		Aim for discharge if SAFER CCD achieved	Discharge home
Ask your team any questions at any time					



Get-up
Eat
Analgesia
Remove
Speak up

Early mobilisation
Early enteral feeding
Multimodal, opioid-sparing analgesia; medications
Timely line/drain removal
Encourage questions/timely discharge planning

SAFER Clinical Criteria for Discharge (CCD)

1. Mobilising freely
2. Eating and drinking adequately
3. Pain well controlled with oral analgesia
4. Independent with care for wounds and dressings, or District Nurse arranged
5. All lines / drains removed; or clear plan for removal as outpatient
6. All concerns addressed, contact details given, follow up arranged

APU – Admissions & Preassessment Unit; LA – Local Anaesthetic; iv – intravenous; TTOs – “To take out” medications prescription; CCD – Clinical Criteria for Discharge; NSAID – Non-steroidal antiinflammatory Drug (eg Ibuprofen)