

## HiTH Post-Operative Surgical Benefits

- ✓ Staying at home may reduce your risk of infection
- ✓ You can be more comfortable and independent
- ✓ It may lessen your anxiety towards your recovery from surgery
- ✓ Being in the comfort of your home can help you to eat and sleep better



### If in Doubt, Reach Out Call HiTH

Between the hours of 8am to 9pm, telephone the HiTH team on 9113 2899 or 0428 359 591

## Before you leave the hospital

- You may be given a script for pain relief or advised to take over the counter medication
- You will receive written instructions on what to do at home
- You will be given instructions on withholding medication (anticoagulant) as advised by your surgeon postoperatively

### NSW Health does not tolerate violence towards staff.

Any behaviours of concern will be escalated and may result in the withdrawal of care.

## How to give us feedback?



### Talk to Us

If you would like to give feedback on the service you have received please ask to speak with the Nurse In Charge



### Write to Us

Alternatively, you can fill out a feedback form or write us a letter addressed to:

Patient Experience Manager  
St George Hospital  
Email: SESLHD-STGConsumerFeedback@health.nsw.gov.au



### Go Online

Care Opinion is an independent site where anyone can share their stories about their experience of care.

Visit [www.careopinion.org.au](http://www.careopinion.org.au)



### Taking your feedback further

If you are not satisfied with how your feedback has been managed you can write addressed to:

Executive Services, SESLHD  
Locked Mail Bag 21  
Taren Point NSW 2229  
Email: SESLHD-Mail@health.nsw.gov.au

Produced by St George Hospital and Community Health Service



Reviewed By  
St George Hospital  
Consumer Advisory Group  
*Working together*

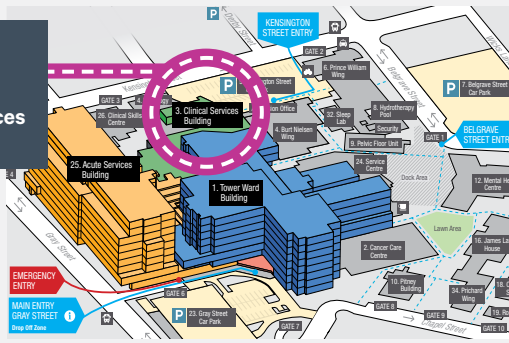


## HOSPITAL IN THE HOME SURGICAL

### POST OPERATIVE SURGICAL CARE



**Location**  
Day Surgery,  
Level 2  
Clinical Services  
Building



## What is HiTH?

Hospital in the Home (HiTH) is an acute inpatient service that is provided free of charge to patients 18 years of age and over residing within the St George area at a suitable and safe location for care.

Patients are able to receive treatment in their current place of residence as a substitution for in hospital care.

## HiTH Surgical Team

The multidisciplinary team includes Registered Nurses, Doctors and Pharmacist.

HiTH also has access to Allied Health services.



### Location

Level 4 North, St. George Hospital

### Hours of Operation

8am– 9.30pm, 7 days a week.

**Nurse Mobile:** 0456 204 869

**Office Number:** 02 9113 2899

## What to expect from HiTH

### Post-Operative Care at home

**A HiTH Registered Nurse and/or a Medical Officer may visit you at your place of residence on a regular basis or call you via telehealth to ensure your recovery from recent surgery is going to plan**

- During the visit the nurse will record your temperature, blood pressure, pulse, respiratory rate and weight
- The aim is to ensure you are safe at home whilst recovering from surgery
- Wounds and drains can be managed safely in your residence by nurses if required
- You may be required to wear special stockings (graduated elastic compression stockings) to help prevent blood clots
- You should be able to eat and drink as normal unless otherwise stated



## Important

### Go to the Hospital if you are experiencing:

- High fever
- Shivering, or uncontrollable shaking
- Vomiting and unable to drink fluids
- Severe and increasing pain not getting better with available pain relief at home



### Call '000' and ask for an Ambulance

- Trouble breathing
- Chest pain
- Uncontrolled bleeding



## Advice following anesthesia

- You will be able to go home once you have recovered from the anesthetic however you will not be able to drive so, please make arrangements for a responsible adult to drive you home
- If you live alone, you will need to arrange to either stay with someone or have someone stay with you the night after your surgery
- Do not make any important decisions or sign any contracts
- Do not engage in sport, heavy work or heavy lifting
- For 24 hours post anesthetic it is not recommended to
  - Operate machinery
  - Drink any alcohol
  - Smoke/vape
  - Take sleeping tablets
  - Cook using sharp utensils or pour hot liquids