

# Going home from hospital



## When will I be ready to go home?

When you are feeling better from your illness or surgery you can go home.

Before you go home the hospital staff will help you and your parents get ready to go home.

## Who will see me before I go home?

The doctor looking after you will visit you and if they are happy with how you are feeling they will say you can go home and, in most cases, ask to see you in a few weeks. If you need advice from allied health care staff such as a physio or a dietitian they will also come and see you before you go home. The pharmacist or nurse will speak with you about any medication you might need to take home and will arrange to have it prepared in the hospital so you can take it with you.

## What should I think about before I leave hospital

It is a good idea to think about going home from hospital before it is time to leave so you have time to ask questions and sometimes arrange equipment such as a wheelchair or sick certificates that you will need once home.

Mostly you have a good idea that you will be going home the day before you actually leave. This gives you time to 'practise being at home' by getting dressed, walking around and showering yourself while you still have the nurses to help you if you need assistance. This will help us work out how much pain relief medication you may need at home.

You will not go home if you do not feel comfortable or able to cope at home.

## What questions should I ask?

Here are some questions you may like to ask the nurses, doctors, the physio or pharmacist before you leave the hospital:

### 1. Medication

- What medication do I need to take home?
- Why do I take this medication?
- When do I take this medication?
- How do I take this medication?
- When do I stop taking this medication?
- Are there any side effects of taking this medication?
- Where do I get this medication from and where do I get more if I need it?

### 2. Pain relief

- What is the best routine for my pain relief medication?
- How long should I expect to need pain relief medication?
- What should I do if the pain relief medication does not relieve my pain?

### 3. Wound care

- How do I care for my wound at home?
- When is my dressing removed and who does this?
- What do I do if I am worried about my wound?

### 4. Follow up appointments

- What appointments are needed when I go home?
- Do I make my own or is one made for me?
- Do I need to take any test results or x-rays to the appointment and how do I get these?

### 5. Managing at home

- What do I need to look out for when I get home?
- Who do I call if I have a question about my care after I go home?
- What do I do if I have a concern about my condition after I go home?

We wish you the best of luck for your continued recovery. If you have any further questions once you are home, please don't hesitate to contact us on one of the numbers below.

From all of the paediatric staff at Cabrini.



### 6. Returning to normal activities

- When can I return to school?
- When can I return to sport?
- When can I return to my part time job?
- When can I return to recreational activities like horse riding or swimming?
- When can I travel or go on an aeroplane?
- Will my sleeping and eating be different?