



Minimally Invasive **Cardiothoracic Surgery**
PROFESSOR TRISTAN D. YAN
BSc MBBS MS MD PhD FRACS

Your Discharge Information & Follow-up Appointments

This is a brief letter to wish you well after being discharged from my service. I would like to take this opportunity to give you a few tips that will assist you to get better and “stay out of trouble”.

Please don't forget to make an appointment to **see your GP, 3-5 days following discharge**. As far as I am concerned, there are three main things that you need to remind your GP to check over.

Wounds

Your GP will remove your dressings and check your wounds. Your wounds need to be kept dry at all times. If your dressings are soaked with water or body fluid, your GP may change your dressings. Sometimes it is helpful to apply some Betadine solution on the surface of the wounds to keep them dry and clean. Please look out for redness, discharge or soreness along the incisions and do not hesitate to contact me, if you are concerned.

Sutures

Your GP will decide if the drain-site sutures are ready to be removed (if you have any). In general, they could be removed 7 days after the removal of the chest tube. Please do not do it yourself (infection risk!).

Medications

Your GP will write you a script for any new medications. On discharge, the hospital will give you a 14-day supply of medications. If you experience more pain than the day you got discharged from the hospital, please let your GP know straight away and do so, before you run out of pain medications.

Please secure an appointment to **see me, 2-4 weeks following discharge**, either at:

- Suite 209, San Clinic Tulloch, Sydney Adventist Hospital, Wahroonga, or
- Clinic A, Level 2, Chris O'Brien Lifecare, 119-143 Missenden Road, Camperdown

In addition, you need to see your **referring physician, 4-6 weeks following discharge**.

Please watch out for the following symptoms: fever, dizziness, breathlessness, chest pain or palpitation. If you are worried, please call Ms. Clare Brown on (02) 8077 1188. For clinical emergency, please dial '000'.

I wish you a speedy recovery.

Yours sincerely,

Tristan D. Yan, MB.BS. MS. MD. Ph.D.

*Clinical Professor of Surgery, University of Sydney
Professor of Cardiovascular and Thoracic Surgery, Macquarie University
Head of Robotic and Minimally Invasive Cardiothoracic Surgery
Royal Prince Alfred Hospital | Sydney Adventist Hospital | Chris O'Brien Lifecare*