
The Leeds Teaching Hospitals



NHS Trust

INFORMATION FOR PATIENTS

Discharge advice
following
Evacuation of
Sub-Dural Haematoma



Wound care

Your wound should be kept clean and dry. You can wash your hair with a mild shampoo following surgery but avoid other perfumed cosmetics for 3 weeks and avoid scrubbing the wound.

Your wound will have been closed with clips, which stay in for 5-7 days. Arrangements will be made with your GPs practice nurse to remove these if you are discharged home before they are removed.

If the wound becomes red, inflamed, painful or begins to discharge or ooze, contact your GP.

You may feel numb around the scar; this is normal and usually improves with time.

The hair that was shaved off will grow back to cover the scar and the redness will fade.

Discharge medication

You may be prescribed medication. This will have instructions on the label and include information leaflets from pharmacy. Your nurse will discuss your medication with you prior to discharge, please feel free to ask any questions you may have.

You will be given a letter to give to your GP, this gives a brief explanation of why you have been in hospital and what medication you have gone home with. You must drop this in at the doctor's surgery but unless otherwise advised, you do not have to see him/her.

Outpatient appointments

You will receive an outpatient appointment through the post once you are at home. If you do not receive this, please ring your consultant's secretary.

Lifestyle

It is normal for you to feel very tired for a while, this will pass. You can exercise as you feel well enough, you are the best judge of what you can and cannot do, gradually increase the amount of exercise you do.

You may go on holiday when you feel well enough, please speak to your surgeon about flying.

You may resume sexual relations as soon as you feel fit to do so.

You should return to work as soon as you feel able. This will depend on the type of work you do and your individual progress. You may want to discuss this with your doctor at your outpatient appointment.

You should remember to take things easy at first and gently return to your usual lifestyle.

Driving

It is your responsibility to inform the DVLA of your recent surgery and they will advise you of any restrictions.

Contact them at:

DVLC
Longview Road
Morrison
Swansea
SA991TU

You should also contact your insurance company.

If you have any further problems or queries following your discharge, please feel free to contact us on the below numbers:

Ward 23: **0113 3927123** or Ward 24: **0113 3927124**
