



Compliments and Complaints

If at any time you have a concern or comment to make, please do not hesitate to contact the Chief Executive Officer on 02 6071 5200 or write to PO Box 77, Tallangatta VIC 3700



Tallangatta Health Service
is a
smoke free facility

Available at Tallangatta Health Service.

- Acute Hospital Care
- Asthma Education
- Bolga Court : High and Low Level Residential and Respite Care
- Diabetes Education
- Dietician
- District Nurse
- Exercise Classes, and Strength Training
- Home and Community Care
- Lakeview Nursing Home Residential and Respite Care
- Medical Centre
- Men's Shed
- Meals on Wheels
- Mixed Activity Groups (MCG)
- Nurse Practitioner
- Occupational Therapist
- Pathology
- Physiotherapy
- Planned Activity Groups (PAG)
- Podiatry
- Room Hire
- Social Worker
- Women's Health

DISCHARGE INFORMATION



PO Box 77
25 Barree Street
Tallangatta
VIC 3700

Phone: 0260 71 5200
Fax: 0260 71 5293
THS@ths.vic.gov.au

It is time to go home and to assist you in your recovery, we have put together this guide to provide you with some information and answers to commonly asked questions

The information provided is of a general nature and supports the specific information provided to you by your Doctor for your specific condition

General

Avoid any heavy lifting, sport and strenuous activity until you re visit your Doctor after discharge. During your recovery phase it is recommended that you rest, exercise gently, drink lots of fluids and eat food high in fibre and vitamins, such as fruit, vegetables and cereals to aid the recovery process.

Carers

It is preferable to have a carer for the first 24 hours after returning home from hospital. A carer must be a responsible adult over 18 years of age. Your carer should help with shopping, meal preparation, child minding, organize suitable transport, help with any medication requirements, hygiene and medical help if needed.



Some helpful suggestions for

Pain and discomfort

If you experience any pain or discomfort, it should only be mild and relieved by medication prescribed to you. If the pain is severe and isn't controlled by your medication, please contact your Doctor or nearest emergency department.

Wound care

Unless otherwise instructed, please leave your dressing dry and in place until such time as you see your Doctor.

If you don't have a covering or dressing on your wound, it's important to keep it dry and protected from injury. It is normal for there to be slight bleeding at your wound site. However should you notice excessive bleeding or you experience increased temperatures, fevers, chills or your wound becomes inflamed, red, hot or swollen, contact your Doctor or nearest emergency department.

Wound Instructions for Home-completed by nursing team

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