



COVID-19 Related Post-Procedure Advice

In order to protect you and the people who surround you after surgery, we have developed these guidelines for your post-operative recovery. The rules to follow are the same as those advised by the Government, but there are some extras specific to your recent surgery. You should follow these instructions for two weeks after your surgery. This is in addition to the standard aftercare following your procedure.

Do's – please try and do the following

- Do maintain government guidelines of social isolation even though lockdown is being relaxed
- If you start getting symptoms of a viral infection, consider calling 111 or your GP to inform them and socially isolate from others around you
- You should also contact the practice so that we can guide you through the next steps
- If you are instructed by your surgeon, wear a face mask to protect yourself and others around you.

Don'ts – you should avoid the following activities

- Avoid visitors unless they need to make an essential visit
- Avoid going out for two weeks unless you need to go on an essential journey
- If you do go on an essential journey then avoid public transport
- Avoid contact and meeting with anyone who has recently suffered a viral illness
- Minimise contact with anyone who has been in contact with large numbers of people.