

POST OPERATIVE CARE AFTER YOUR OPERATION

Before leaving hospital, make sure you have:

- Any medications you have brought to hospital with you
- Medications that have been prescribed for you to take home
- A medical certificate if required
- Any xrays that you brought with you

What to expect after you go home:

- Recovery should take 2 - 6 weeks depending on the procedure eg: patients having a vaginal hysterectomy may find that they are still tired at the end of 4 weeks.
- Vaginal bleeding may continue for up to 4 weeks after the operation. You have absorbable stitches hence no stitch removal is required.
- However, if bleeding continues or gets progressively heavier, you should see your GP or contact Dr Singh at the telephone numbers listed below.
- Use pads and not tampons if you have had a laparoscopic procedure.
- You may experience shoulder tip or rib cage pain due to a small amount of residual gas under the diaphragm. This may persist for up to 48 hours.
- You will be advised to continue an aperient to ensure a regular bowel habit after the surgery.
- You should continue double voiding with good bladder habits after you leave the hospital.
- Depending on the procedure you have had there may be a vaginal splint device in the vagina. This is not painful but can cause increased vaginal discharge.
- Please take care when walking and moving about as it is normal to feel light-headed after anaesthetic and pain medications.

Be aware of signs of infection:

- Sudden hot flushes/high temperatures/sweating
- Sudden onset of or excessive pain not eased by simple pain killers
- Increased/abnormal vaginal bleeding
- Offensive/abnormal vaginal discharge
- Your wound sites become very swollen, hot or painful
- If this happens, please see your GP or contact Dr Singh at the telephone numbers listed below

Looking after yourself – instructions for the next 2 weeks

- Make sure you get adequate rest
- No heavy lifting, housework or cooking and gently ease back into normal activities
- Do not drive a car and do not operate machinery or electrical appliances
- Do not drink alcohol
- Do not sign any legal documents
- You should take simple pain killers for surgical pain. A good regime is 2 tablets of paracetamol (Panadol) every 6 hours in addition to 2 tablets of a non-steroidal anti-inflammatory such as Voltaren, Ponstan,

Naprogesic three times a day. You may also have been given an extra pain killer for breakthrough pain for when the simple pain killers are insufficient

Caring for your wound:

- Remove any abdominal dressings in 48 hours, keeping the wounds clean and dry, and washing with water only
- Do not use talcum powder, creams or disinfectant on your wound
- Pain medication containing codeine may cause constipation. Mild laxatives are helpful if this happens, ask your pharmacist for advice.
- To avoid urinary Infections drink eight glasses of fluid daily, preferably water.
- Avoid heavy lifting for the first 3 weeks, for example, anything heavier than a 2 litre carton of milk, also avoid pushing a shopping trolley.
- Avoid heavy housework or other strenuous activities for at least six weeks. This includes; vacuuming, washing floors, hanging out laundry etc. After three weeks gently ease back into such activities
- If you need to bend, squat at the knees rather than bending over.
- Avoid driving a car for up to two weeks or until you feel comfortable. This is because:
 - The seat belt can aggravate the suture line
 - Pressing down on the brake may cause stomach pain
 - Insurance companies often stipulate that you must not drive for a certain period after an operation. So even though you may feel ready to drive you should check with your insurance company.
- Your sutures are dissolvable; this can take two to six weeks.

Follow up instructions:

- A letter will be sent to your GP
- Your post operative check up is made anywhere between 2 – 6 weeks following the procedure
- You will be given an appointment time to return for check up and discuss results when you leave hospital
- Do not sign any legal documents for 48 hours

**PLEASE NOTE: IF YOU HAVE ANY QUERIES OR CONCERNS, PLEASE DO NOT
HESITATE TO CONTACT OUR ROOMS ON 9800 0069
OR AFTER HOURS ON PAGER SERVICE 9387 1000**