

Post-Operative Care Hysterectomy

POST OPERATIVE CARE

Laparoscopic

- The drain and catheter will be removed the day after the operation.
- Clexane (an anticoagulant) is used for the prevention of deep vein thrombosis daily during stay in hospital.
- TED (compression stockings) should be worn for 2 weeks after the procedure.
- Discharge from hospital will usually occur two days after the operation.
- You can expect some light vaginal bleeding and some cramping lower abdominal discomfort for a few days after the operation.
- Dressings to remain intact for 3 weeks, then take off and shower and dry area as usual.
- Review in rooms is recommended 2-3 weeks after the procedure.
- No driving for 2 weeks.
- 2 weeks leave is recommended which will be supported by a medical certificate.
- No baths or swimming for 4 weeks.
- No sexual intercourse for 8 weeks.
- No strenuous exercise for 2 weeks. Nothing that will cause straining pushing/pulling or jarring actions for 4 weeks after the procedure.

Open

- Discharge from hospital will usually occur between 3 to 7 days after the procedure. Length of stay will depend on operative procedure.
- The drain and catheter will be removed the day after the operation.
- Clexane (an anticoagulant) is used for the prevention of deep vein thrombosis daily during stay in hospital.
- TED (compression stockings) should be worn for 2 weeks after the procedure.
- You can expect some vaginal bleeding for a few days after the operation.
- Dressings to remain intact for 3 weeks, then take off and shower and dry area as usual.
- Review 4-6 weeks after the procedure
- No driving for 4 weeks if incision was across the abdomen
- No driving for 6 weeks if incision was made through the midline of the abdomen, 4 weeks if there is a low transverse incision.
- 4 weeks leave is recommended where the incision is across the lower abdomen. This will be supported by a medical certificate.
- 6 weeks leave is recommended following open procedures where the incision is in the midline of the abdomen. This will be supported by a medical certificate.
- No baths or swimming for 4 weeks.
- No sexual intercourse for 8 weeks.
- Moving and walking is very important after surgery to prevent complications like deep vein thrombosis. However no other exercise is recommended for 6 weeks (until review) after any

open procedure. Major abdominal surgery will make you feel quite tired for the first few weeks after surgery.

Vaginal

- The catheter and vaginal pack (if used) will be removed the day after surgery
- Clexane (an anticoagulant) is used for the prevention of deep vein thrombosis daily during stay in hospital.
- TED (compression stockings) should be worn for 2 weeks after the procedure.
- Discharge from hospital will usually occur two days after the operation.
- You can expect some light vaginal bleeding and some cramping lower abdominal discomfort for a few days after the operation.
- Review in rooms is recommended 2-3 weeks after the procedure.
- No driving for 2 weeks.
- 2 weeks leave is recommended which will be supported by a medical certificate.
- No baths or swimming for 4 weeks.
- No sexual intercourse for 8 weeks.
- No strenuous exercise for 2 weeks. Nothing that will cause straining pushing/pulling or jarring actions for 4 weeks after the procedure.

Pain Relief

- Paracetamol 1000mg (2 tablets) every 6 hours as required.
- Ibuprofen 400mg every 8 hours as required .
- Panadeine Forte 2 tablets every 6 hours – Panadeine Forte contains Paracetamol, therefore DO NOT TAKE Paracetamol whilst taking Panadeine Forte

Bowels

A fibre supplement like Normafibre or Metamucil should be taken daily to prevent constipation usually until you return to your normal activity levels.

****If concerned about recovery and or bleeding is excessive or there are signs of infection or increasing pain please call the rooms 1300330990 or if after hours present to an Emergency Department.**

****Caution in relation to physical activity in the first few weeks after surgery, can prevent significant complications down the track.**