

LAPAROSCOPIC HYSTERECTOMY

If you are taking aspirin or fish oil please cease this 10 days prior to surgery.

ITEM NUMBERS

LAPAROSCOPIC HYSTERECTOMY:	35753
LAPAROSCOPIC HYSTERECTOMY WITH RESECTION OF ENDOMETRIOSIS:	35754
DEBULKING:	35658
CYSTOSCOPY:	36812
URETEROLYSIS:	36615

You will be in hospital for 2-3 days.

ON DISCHARGE

On discharge you may experience some pelvic/abdominal discomfort. Please take pain medication as required eg. Panadol or Ibuprofen. The pain in your shoulders and chest from the gas takes about 4-5 days to fully disappear.

You will have 3-4 small suture lines on your abdomen. All stitches will dissolve on their own. The dressings can be removed after 48 hours, and the wounds gently cleaned with soap and water. There is no medical need to cover the wounds after this time, but if you would prefer to use a dressing, a simple 'Band-Aid' type dressing is fine.

After 3-4 weeks the vaginal vault stitches start to dissolve and a small amount of blood may be released from under the suture line. This is not cause for alarm. Please telephone if the loss is heavy or persists for more than a few days.

You may experience constipation post operatively. It is best to avoid straining, so drink plenty of fluids and add fruit and fibre to your diet. If required, useful laxatives are Lactulose, Movicol or Nulax or Glycerine suppositories may be used. Please use only stool softeners and avoid anything too harsh. All of these medications can be purchased without a prescription from any pharmacy. A post op appointment will be scheduled for you approximately 4-6 weeks after your procedure.

RESUMPTION OF ACTIVITIES

You will require 3-6 weeks leave from work, depending on your job.

Gradually increase your usual level of activity as your energy levels permit. It is perfectly safe to resume normal daily living activities. You may do light housework as tolerated but initially refrain from sweeping, mopping and similar more strenuous activities or exercise.

It is important to avoid heavy straining for about 2 weeks to avoid hernia formation at the site of the abdominal port sites. If you can lift something without thinking about it (such as a full kettle) it is safe to do so. If you have to brace yourself and hold your breath to lift something, such as a bag of potting mix, DON'T.

Walking and cycling can be resumed immediately, swimming after 3 weeks, aerobics after 4 weeks and weights after 6 weeks.

Avoid sexual intercourse for 6-8 weeks.

You can generally resume driving after 1-2 weeks; however, check this with your motor vehicle insurance provider. Keep in mind you must have full use of your reflexes. If pain will inhibit them then don't drive. You should feel capable of doing an emergency stop without pain or discomfort.

If after discharge from hospital you experience grave concerns, at any time, always call the Rooms on 9389 5065 and you will be directed to the appropriate contact number.