

LAPAROTOMY

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

ITEM NUMBERS

ABDOMINAL HYSTERECTOMY:	35661	URETERIC CATHETERS:	36818
OPEN MYOMECTOMY:	35649	CYSTOSCOPY:	36812

You will be in hospital for 3-5days.

ON DISCHARGE

It is common to have some pain in your abdomen and at your incision site for the next few weeks. Please take pain medication as required eg. Panadol or Ibuprofen.

You will have a suture line with stitches. You may have dressings which can be removed after 48 hours, and the wound gently cleaned with soap and water. There is no medical need to cover the wound after this time, but if you would prefer to use a dressing you may. Avoid leaving the wound covered for periods greater than 3 to 4 days at a time. It is a good idea to wash the skin periodically and to inspect the wound. Bruising is common. Redness of the skin next to the wound, increasing pain or other concerns should be reported promptly.

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 made for you approximately 6 weeks after your procedure.

ABDOMINAL HYSTERECTOMY

After 3-4 weeks the vaginal 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.

RESUMPTION OF ACTIVITIES

Avoid straining for 6 weeks. 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.

Gradually increase your usual 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 or mopping and similar more strenuous activities or exercise. It is perfectly safe to walk, ride a bike, hang washing on the line, go shopping etc.

You can generally drive again after 4 weeks; however, check this with your 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.

Intercourse can be resumed after 6 weeks.

You will require 2-6 weeks off work depending on the procedure you have had and the type of work you do.

If after your 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.