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**GYNAECOLOGICAL LAPAROSCOPIC SURGEON**

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## **Post-Operative advice for patients undergoing Laparoscopic Hysterectomy**

Generally the rules are simple

### **'Listen to your Body'**

1. If **tired** - rest
2. If it **Hurts** - Stop doing what you are doing
3. Take your **analgesics** (pain medication) regularly, particularly in the first weeks. These will be given to you on discharge from the hospital
4. Avoid **constipation** - take something if you are prone to this. Remember, the fasting, the operation, anaesthetic, hospital and pain medicine all contribute to constipation
5. No **intercourse** for 6 weeks. If there is any discharge or bleeding, then wait until review at 8 weeks
6. You are fine to resume normal **exercise** and **driving a car** when you are comfortable. Exercise should be started gradually. **For driving** ... practice by trying to push on the brake pedal while the car is parked to ensure no pain, and can stop in case of an emergency. Again "Listen to your Body"
7. It is normal to have some bleeding for up to the 8 week mark, usually it is light. Sometimes an increase occurs at the 2-4 week mark correlating with the release of any blood clot at the top of the vagina. It is like the end of a period. Any heavier bleeding should be reported to Dr Karthigasu in the rooms as it may be a sign of infection at the top of the vagina
8. **Keep the incision clean and dry**. There is a dissolvable stitch underneath the skin and glue on the surface. The glue will flake off during the first few weeks. If redness occurs, start applying some betadine to the incision 3 times a day. If not getting better, it may be an infection - either call the rooms or see your GP
9. The most common complication of hysterectomy is infection either at the top of the vagina, urinary tract, pelvic or skin. This is in part due to the fact that the vagina always has bacteria and can never be eliminated as they are part of the health of the vagina. Contact Dr Karthigasu if you have symptoms of infection ... offensive discharge (a white discharge is common and normal after a hysterectomy), fever, shakes, pain with urination, blood in urine, abnormal bleeding or generally unwell
10. A **post-operative visit** is usually planned at around 8 weeks later

11. Usually my nurse will call you a week after surgery to check on your well-being
12. Call if you are concerned or not recovering as well as anticipated. Most of the time it will be part of the normal recovery (it is always variable from patient to patient) however, some patients may require investigations to ensure no injuries to organs, infections or bleeding