

MINOR OPERATION

ADVICE FOR GOING HOME



the women's
the royal women's hospital
victoria australia

Recovering from an operation will take some time. It is important to take care of yourself during this period. This information will help you in your recovery.

Caring for your self after your operation

For the first 24 hours

Make sure you:

- get adequate rest: no heavy lifting, housework or cooking
- take care when moving about; it is normal to feel light-headed after anaesthetic and pain medications
- **do not** drive a car
- **do not** drink alcohol
- **do not** sign any legal documents
- **do not** operate machinery or electrical appliances, which can cause injury.

Gently ease yourself back into normal activities over the next few days.

What to expect after you go home

- Vaginal bleeding may continue for up to 10 days after your operation.
- Use pads and not tampons.
- You can commence having sex after your vaginal bleeding has stopped and you feel comfortable to do so, unless your doctor advises you differently.

Managing your pain and discomfort

- Use heat packs or pain relieving medication from your pharmacist.

Be aware of signs of infection

If you have any of the symptoms listed below, you may have an infection:

- sudden hot flushes, high temperatures or sweating
- sudden pain
- increased vaginal bleeding
- any smelly vaginal discharge

For these and any other concerns, please see your local doctor or go to your nearest hospital emergency department.

If you have had laparoscopic surgery

- Keep your wounds clean and dry.
- Notify your doctor if your wounds become hot to touch, swollen or very painful.
- If you have stitches, your local doctor usually removes these, four to six days after leaving the hospital.

Managing your pain and discomfort

- You may be given a script to take home for pain relief
- You may experience shoulder tip or rib cage pain due to a small amount of remaining gas under the diaphragm. This can continue for up to 48 hours. To ease any discomfort, take regular pain relieving medication.
- To help prevent and relieve gas pain, try walking. Walking encourages the movement of your bowels and this will relieve gas and constipation. It can also help with preventing blood clots.

- Try other types of movement like pulling your legs up to your chest and releasing them, rocking back and forward and turning from side to side.
- Try using heat packs
- Peppermint or chamomile tea can help with wind problems
- Some medications such as simethicone (de gas™) may also help with gas pain relief.

Your next appointment

It is important to see your local doctor or return to the Clinic for an appointment. If an appointment is not made before you go home, a letter will be mailed to you