



# TVT-CYSTOSCOPY

## ADVICE FOR GOING HOME AFTER YOUR PROCEDURE

### Before leaving hospital

Before you go home make sure you have the following:

- » any medicines you brought with you to hospital
- » any medicines that your doctor prescribed
- » any x-rays that you brought with you
- » an appointment to return to the clinic for a check-up (usually six weeks after your procedure unless your doctor wants to see you earlier). If an appointment is not made for you before you are discharged, it will be sent to you in the mail
- » a medical certificate if you require one
- » some women will also be given a letter for their local doctor (GP).

### Looking after yourself

#### For the first 24 hours after your procedure:

- » make sure you get adequate rest
- » no heavy lifting, housework or cooking
- » do not drive a car
- » do not drink alcohol
- » do not operate machinery or electrical appliances
- » do not sign any legal documents
- » please take care when walking and moving about as it is normal to feel light-headed after anaesthetic and pain medications.

The time it takes to recover from an operation is different for each person. We expect that it will take between six to eight weeks.

### Beware of signs of infection

If you have any of the symptoms listed below please see your local doctor or go to your closest hospital emergency department.

- » Sudden hot flushes or sweating.
- » The wound is irritated, like swelling or redness.
- » The sudden onset of pain that is not relieved by analgesics.

### How to care for your wound

- » Keep your wound clean and dry. When you shower rinse with water and gently pat dry with a towel. You can leave your wound uncovered. Dressings are not needed after the first few days.
- » Do not use talcum powders, creams or disinfectant on your wound.
- » To help manage your pain, take analgesia such as paracetamol every six hours. Your doctor may prescribe other pain relieving medicines; take as directed
- » Pain medication containing codeine may cause constipation. Mild laxatives are helpful if this happens, ask your pharmacist for advice.
- » To avoid urinary infections drink eight glasses of fluid daily, preferably water.
- » Avoid heavy lifting for the first three weeks, for example, anything heavier than a 2 litre carton of milk. Also avoid pushing shopping trolleys.
- » Avoid heavy housework or other strenuous activities for at least six weeks. This includes; vacuuming, washing floors, hanging out laundry etc. After three weeks gently ease back into such activities. Ask your nurse about the services that can be organized to help you at home.
- » If you need to bend, squat at the knees rather than bending over.
- » Your sutures are dissolvable; this can take two to six weeks.
- » Avoid driving a car for up to two weeks or until you feel comfortable. This is because:
  - the seat belt can aggravate the suture line
  - pressing down on the brake may cause stomach pain
  - insurance companies often stipulate that you must not drive for a certain period after an operation. So even though you may feel ready to drive you should check with your insurance company.

### If you have any concerns

As a Day Surgery patient of the Women's, you will be offered a follow-up phone call on the day after your surgery.

If you experience complications or have any concerns after you leave hospital, please see your local doctor or go to your closest hospital emergency department.