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## Need for future treatment

If you are unsure about the need for further treatment and what has been planned for you, please ask one of the medical or nursing staff before discharge home.

## What to Expect in the Next Few Weeks

You will find that you feel tired for some time after surgery. You should not stay in bed, but get up and get dressed each day. Space your activities throughout the day and gradually increase them as you feel able. You do not have to stay at home and may go out as you wish.

You may find that you are sometimes tearful and emotional. This is a normal reaction and will gradually lessen. However, if you find this to be an ongoing problem, please let your local doctor know.

You may eat your normal diet and your appetite should return to normal over the next few weeks. There are no dietary restrictions but we recommend a healthy diet for recovery and general good health. You may drink alcohol if you wish.

The area around the operation site will take a few weeks to completely heal and you should avoid activities that will strain the area during this time.

Ask your doctor when you may resume:

- driving a car
- sexual intercourse
- heavy lifting or stretching
- strenuous activities or exercise

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*If you have any health concerns regarding your gynaecological problems please contact your local doctor or if urgent present to the closest hospital Emergency Department.*

*If it is an emergency call for an Ambulance on 000.*



WSP-252 V3 April 2



**Health**  
Western Sydney  
Local Health District

## What to expect when having gynaecological surgery

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## Before Surgery

If you have not been through menopause we ask that you take precautions against pregnancy for at least 2 weeks before your surgery. You can either continue to use contraceptive medication or contraceptive devices such as condoms. Otherwise we may have to cancel your surgery if there is a chance you could be pregnant.

You will be admitted to hospital on the day of your surgery. The Perioperative Ward will advise you about the time to arrive at the hospital.

You may be asked to attend the Pre-admission Clinic a few days before your surgery.

Before your surgery, you may need to have a blood test and or a chest X-ray and Electrocardiograph (ECG). You will also be seen by a Nurse, the Resident Doctor and an Anaesthetist.

This is a good time for you to ask questions and let the staff know of any worries that you may have about your stay in hospital or about going home.

If you take any medication or are using preparations such as eye drops, creams, patches or 'puffers', please bring them with you. This allows us to check the safety of the medications with medication that may be prescribed for you in hospital.

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## Pre-Operative Orders

Some types of surgery require special preparation. This will be ordered by your doctor and may include:

- antibiotic tablets
- bowel preparation
- suppositories or an enema

## What to bring to hospital

- soap
- deodorant
- shampoo
- underpants
- nightdresses (preferably not long sleeved)
- dressing gown
- slippers
- brush and comb
- hairdryer
- toothbrush and paste
- sanitary pads
- reading materials, sewing, etc

## Jewellery and valuables

A wedding ring is the only item of jewellery that may be worn to the operating theatre. We suggest you leave all other jewellery at home.

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Electronic equipment such as mobile phones and laptops, credit cards, and more than \$20 cash are safest left at home as we do not have security for your valuables while you are in our wards.

## In the Ward

During your stay in hospital, you will be cared for by medical and nursing staff. You may also may have care from physiotherapy, dietetics and other support services as needed.

## Expected Length of Stay

The following lengths of stay serve as a guide and may differ according to individual patients. Your doctor will tell you when you are able to go home.

• Laparoscopic surgery	1 – 2 days
• Vaginal surgery	1 – 3 days
• Minor abdominal surgery	1 – 3 days
• Bladder repair	1 – 4 days
• Major abdominal surgery	2 – 4 days
• Major vulvar surgery	2 – 5 days
• Cervical suture	2 – 4 days

## Discharge – Day of Discharge

Before you leave the ward, please ensure that you have collected:

- all your belongings from your room
  - any x-rays or scans that you brought into hospital with you
  - any necessary prescriptions or medication
  - a medical certificate (if you need one)
  - your follow up appointment
  - the discharge letter for your local doctor (GP)
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