

Take home advice following gynaecological surgery

Information for Women

Welcome to the National Women's Gynaecology Service
Tena Koe Noho Ora Mai

Take regular pain relief

Panadol, Diclofenac and Tramadol are the most common medications prescribed on discharge from the hospital.

Not everyone will be completely pain-free at discharge, so it is important that these medications are taken **regularly** for at least two weeks following your discharge from the hospital.

We generally recommend taking Diclofenac twice a day after a meal (breakfast and dinner) and Panadol 3 to 4 times a day for 2 weeks unless advised differently.

Avoid constipation

A diet of fruit (i.e. prunes, kiwifruit), vegetables, fibre, and lots of water will help you maintain a regular bowel routine.

If you don't pass bowel motion for 2 days after discharge from hospital, please get a laxative from your local pharmacy.

Take care of your wound

Keep your wound/wounds clean, and dry well after showering.

If your wound becomes red, painful, or starts oozing, you may be developing an infection.

Please see your GP.

Return to activities

Depending on what procedure you have had, there will be a need to avoid unnecessary physical exertion in order to fully heal. Your surgeon will usually give specific advice but in general, if you have had an open operation with an abdominal scar, it will take six weeks before you can return to full activities. A laparoscopic procedure has a shorter recovery time, usually two weeks. Vaginal hysterectomies and procedures to repair prolapse will need a six week recovery, while tape operations for incontinence are faster, often being ready for normal activity at two weeks. Please ask your hospital doctor for specific advice before you leave hospital.

An information video "Homeward Bound – Following Gynaecological Surgery" has also been produced which you can find on the National Women's website at the following link <http://nationalwomenshealth.adhb.govt.nz/health-information/information-videos#Homeward>