

Discharge Information  
Following Minor  
Gynaecological Surgery

This leaflet aims to answer many of the questions you may have regarding the recovery after your operation. However, you should always follow any specific advice given to you by your consultant or nurse.

### General Anaesthesia

Following a general anaesthetic, we advise for you not to drink alcohol, avoid signing legal documents, and using or operating machinery for a minimum of 24 hours.

You must be able to perform an emergency stop safely and confidently before returning to driving. Please check with your car insurance company prior to start driving.

### Pain Relief

You may suffer some minor discomfort for a few days after your operation. You may have been prescribed some pain relief to take home. Your nurse will explain what they are and how often to take.

If you were not given any pain relief on discharge please use over the counter pain killers i.e., Paracetamol or ibuprofen based products but please always read the labels/instructions before taking them.

### Healing/Wound care

**If you have no visible wounds** from the operation, only internal (inside) ones, these will heal naturally over time.

You may also experience light vaginal bleeding for 5-7 days following surgery. This is normal. Please use sanitary towels during this time.

If you experience any sudden pain, heavy bleeding, discoloured or offensive smelling vaginal discharge or generally feeling unwell with a fever you should also contact your consultant or the ward for advice. We advise for you to shower rather than having a bath to reduce the risk of infection.

### **If you have visible wound from laparoscopic surgery:**

You may have stitches in place which may need to be removed. This is usually 5-10 days following surgery if they are not dissolvable.

If needed you will be given spare dressing for you to take home and changed as instructed. All wounds follow several stages of healing; you may experience such sensations as tingling, numbness and itching. A small amount of serous fluid can leak from your wound and stain the dressing especially if your consultant put asept (fluid that prevents you from having adhesions). These are all normal and part of the healing process. However if your wound turns red, starts swelling, feels hot to touch or starts bleeding more extensively, you should contact your consultant or the ward.

### Rest and Activity

Your consultant and nurse will advise you when you can return to normal activities. It is important to follow their instructions.

You will be able to return to normal activities including work within a few days following surgery.

We advise no swimming until the bleeding has stopped because of a slight risk of infection.

A follow-up consultation maybe required or requested to review your progress, usually two weeks after your surgery. Your consultant will discuss this with you and will be arranged through their secretary. Please contact their secretary if it has not been arranged.

If you require any other assistance or advice following your operation please contact either the 5th floor south, 2nd Floor south or your consultant's secretary

### Contact Numbers for

2nd Floor South: 0207 483 5022

5th Floor South: 0207 483 5053

Enquiry Helpline: 0207 483 5148

Main switchboard: 0207 586 5959