

POST OPERATIVE INFORMATION – LAPAROSCOPY/ ROBOTIC PROCEDURE

Things to know after your operation.

You are advised not to operate heavy machinery, drive a motor vehicle, or sign any important or legal documents 24 hours after the operation because of anaesthesia.

FOLLOW UP

You require a post-operative check with Dr Singh 4-6 weeks after surgery.

- We will call you to arrange the appointment, alternatively you can also call the rooms to arrange this.

VAGINAL DISCHARGE:

- You may or may not experience a slight red or brown vulval or vaginal discharge for 2 to 3 weeks after surgery. Some vulval or vaginal wound discharge such as this is a normal part of healing.

If you have very heavy bright bleeding, pass blood clots, or have offensive smelling vaginal discharge please contact the rooms OR attend your local doctor.

- Avoid sexual intercourse until the vaginal discharge has settled. 6-8 weeks following a hysterectomy.
- Avoid bathing (shower only), spas or swimming until the vaginal discharge has settled. 6-8 weeks after a hysterectomy.
- Please take the pain killers as prescribed in hospital. Take them regularly for the first few (4-5) days following discharge. After this you can decrease the use and use only if required.
- All your normal medications can be resumed following discharged unless directed otherwise.

TED STOCKINGS:

- Stockings are applied when you are admitted.
- You should wear them for 2 -4 weeks post-operatively, especially when you are resting and during night-time.

SUTURES AND DRESSINGS:

- Sutures are dissolvable and skin glue is applied which do not require removal.
- Key-hole incisions are dressed in skin glue that washes off after 10 to 14 days. You can have regular shower after surgery with these wounds.

DIET

- Avoid constipation by eating a high fibre diet (wholegrains, beans, lentils, fruits, vegetables, pear/prune juices) in combination with adequate fluid intake. Laxatives / stool softeners such as Movicol 1-2 sachet, Coloxyl should be taken to prevent straining with bowel motion.

ACTIVITY

- Avoid strenuous exercise for at least 4 weeks after surgery.
- Avoid heavy lifting (greater than 2-3 kilos) or straining for at least 2 week after surgery. For some cases sitting may be restricted. You will be specified at time of discharge.
- You are encouraged to walk as comfortable and gradually increase your activity levels, both exercise and physical work, as your comfort levels improve.

DRIVING / FLYING

- You should be fit to drive once you are not experiencing pain, moving around freely and not taking any pain killers.
- You can usually fly 5 days after key-hole surgery (check with your airline.)

RETURN TO WORK

- Time off depends on the type of procedure you have had and nature of your job. This can vary from 2 to 6 weeks. Dr Singh will discuss this with you and you contact the rooms to arrange a certificate

MENOPAUSE / HRT

- If you were pre-menopause and your ovaries have been removed at surgery, you will attain menopause and have symptoms and hot flushes. You may require hormone replacement and doctor will discuss this as necessary.

SYMPTOMS TO REPORT TO YOUR DOCTOR

If you are experiencing fever, worsening abdominal or pelvic pain, increasing redness or discharge from the wound(s), burning during urination or excessive urination, offensive smelling or discoloured vaginal discharge, unusual shortness of breath or chest pains, if you have any concerns about your well-being.

Please contact the rooms, your local doctor or emergency department for review.

Phone: 07 38418888

Email: drpsingh.reception@gmail.com