

# Same-day surgery (SDS)

## Advice for going home after your laparoscopic hysterectomy

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This information will help you recover after your same-day total laparoscopic hysterectomy surgery. Your surgical recovery will take time, so it is important to take care of yourself.

### After your surgery

#### Discharge criteria

After your surgery, we will review you and prepare you for discharge. Before going home, you must be able to:

- eat food
- drink fluids
- move around by yourself or with minimal assistance
- empty your bladder
- get dressed on your own or with minimal assistance.

You will only be discharged home when you meet all discharge criteria.

### Going home

#### Pick up and care

- You will need a responsible adult to pick you up from the hospital
- They will need to stay with you and help care for you for the first 24 hours after your surgery, including your first night at home.

#### Medical certificates

- Ask for your medical and carers certificates before you go home.

### For the first 24 hours after your surgery

- Rest. Avoid heavy lifting or strenuous activities like cleaning or cooking.
- Take care when moving about. You may feel light-headed after the anaesthetic and pain medicine.
- Do not drive a car.
- Do not drink alcohol.
- Do not sign legal documents.
- Do not operate machinery or electrical appliances.

Gently ease back into your usual activities over the next few days.

### Managing your pain and discomfort

#### Medicines

- We will give you a prescription for medicines to treat strong pain and nausea.
- For the first 3 nights after surgery, take simple pain relief medicine, such as paracetamol and ibuprofen - if you can safely take non-steroidal anti-inflammatory (NSAIDs) medicines.
- Use stronger pain relief if simple pain medicine doesn't relieve your pain.
- Take the medicine Movicol once a day for one week after your surgery to help prevent constipation.

## Gas-related pain and discomfort

For up to 48 hours, you may feel pain in your shoulder tip (where your shoulder meets your arm) or around your ribs.

This is from a small amount of gas that can remain in your body after surgery.

You can help ease this pain by:

- walking around to get your bowels moving and help prevent blood clots.
- other movements, like:
  - pulling your legs up to your chest and releasing them
  - rocking back and forth
  - turning from side to side
- using a heat pack
- drinking peppermint or chamomile tea
- taking medicines such as simethicone (De-Gas®)

## Constipation-related pain and discomfort

You can avoid constipation by:

- continuing to take 1 to 2 sachets of Movicol each day for the first 7 nights after your surgery
- drinking plenty of fluids
- eating more fibre
- using a laxative, if one has been prescribed for you.

Strong pain relief medicines can also cause constipation.

That is why it is important to take simple pain relief medicines regularly and only use stronger pain relief medicines when needed.

## After your laparoscopic surgery

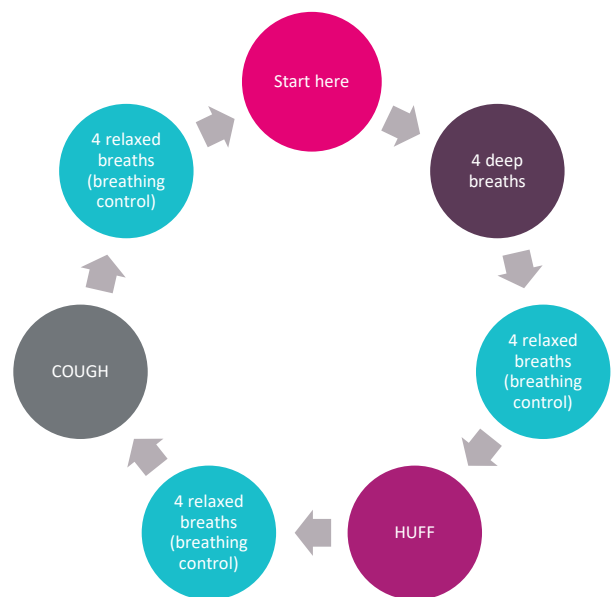
- Complete your deep breathing and coughing exercises 4 times a day.
- Walk around and sit out of your bed as much as possible.
- Avoid heavy lifting or strenuous exercise for 4 to 6 weeks, or until your care team says it's safe.

- Wear your TED (compression) stockings for the first 7 nights after surgery.
- Do not put anything in your vagina for 6 weeks. This means no sexual intercourse, tampons, swimming or full baths.
- Keep your wounds clean and dry.
- You can remove your wound dressings 5 days after surgery.
- If you need stitches removed, please see your local doctor, as advised by nursing staff.
- Vaginal bleeding may continue for up to 10 days after surgery.

## Keep your lungs healthy and reduce the risk of chest infections

Do your deep breathing and coughing exercises 4 times a day:

- 2 times in the morning
- 2 times at night



## Watch for signs of infection

You may have an infection if you have:

- increasing pain
- heavier bleeding
- discharge with a strong or unpleasant smell
- increasing redness or tenderness around your stitches
- fever, sweating or chills.

If you have any of these symptoms or have any health concerns, come to the Royal Women's Hospital emergency department.

You can also see your local doctor or go to your nearest hospital emergency department.

## Follow-up

You will have a series of phone appointments scheduled with the Enhanced Recovery After Surgery (ERAS) Clinic during your recovery.

There will be:

- 2 or 3 appointments in the first week after your surgery
- 1 appointment around 30 days after your surgery.

You will also have an appointment with your surgeon 6 to 8 weeks after your surgery.

## Contact us

If you have any questions after discharge, please call the Day Surgery Unit on (03) 8345 3300.

## Enhanced Recovery After Surgery (ERAS) Clinic

T: (03) 8345 3376

E: [ERAS.Clinic@thewomens.org.au](mailto:ERAS.Clinic@thewomens.org.au)

If we can't answer your call, please leave a voicemail. We will call you back as soon as we can.

## Do you need an interpreter?



Interpreter

You can ask for an interpreter if you need one.

## Family Violence Support

### 1800 Respect National Helpline

You can get help if you have experienced sexual assault, domestic or family violence and abuse.

You can call any time of day or night.

1800 737 732

[1800respect.org.au](http://1800respect.org.au)