



TVT-CYSTOSCOPY

ADVICE FOR GOING HOME AFTER YOUR SURGERY

Recovering from surgery will take some time. It's important to take care of yourself during this period. This information will help you in your recovery.

Caring for yourself after surgery

For the first 24 hours make sure that you:

- get adequate rest; no heavy lifting, housework, or cooking
- take care when moving about; it is normal to feel light-headed after anaesthetic and pain medications
- do not drive a car
- do not drink alcohol
- do not sign any legal documents
- do not operate machinery or electrical appliances that can cause an injury.

The time it takes to recover from an operation is different for each person. We expect that it will take about six weeks.

Managing your pain and discomfort

To help manage your pain:

- use heat packs or over the counter analgesia, such as paracetamol
- you may be given a script to take home for pain relief.

Just after the procedure, many women experience a burning sensation when they wee. Drink more fluids to help minimize this, or take Ural which may also provide relief. Ask your pharmacist for advice and directions on how to use this product.

Be aware of signs of infection

If you have any of the symptoms listed below or any other concerns please see your local doctor or go to your closest hospital emergency department.

- Sudden hot flushes or sweating.
- The wound is irritated with swelling or redness.
- Sudden pain that is not eased by regular pain relief.
- Unable to wee or have a smelly cloudy wee.

Caring for yourself and your wound in the days ahead

- Keep your wound clean and dry. When you shower, rinse with water and gently pat dry with a towel. You can leave your wound uncovered. Dressings are not needed after the first few days.
- Do not use talcum powders, creams or disinfectant on your wound.
- Pain medication containing codeine may cause constipation. Mild laxatives are helpful if this happens, ask your pharmacist for advice.
- To avoid urinary infections, drink plenty of fluids, preferably water.
- Avoid heavy lifting for the first three weeks, for example, anything heavier than a 2 litre carton of milk. Also avoid pushing shopping trolleys.
- Avoid heavy housework or other strenuous activities for at least six weeks. This includes vacuuming, washing floors, hanging out laundry, etc. After three weeks gently ease back into such activities. Ask your nurse about services that can be organized to help you at home.
- If you need to bend, squat at the knees rather than bending over.
- Your stiches are dissolvable; this can take two to six weeks.
- Avoid driving a car for up to two weeks or until you feel comfortable. This is because:
 - the seat belt can aggravate your stiches
 - pressing down on the brake may cause stomach pain
 - insurance companies often stipulate that you must not drive for a certain period after an operation. So even though you may feel ready to drive you should check with your insurance company.

Your next appointment

It is important to see your local doctor or return to the Pelvic Floor Urogynaecology Clinic for an appointment. If an appointment is not made before you go home, a letter will be posted to you.