
Recovery from your surgery may take 4-6 weeks. When you go home from hospital you may find you are quite tired. You should take things slowly for a few days and increase your activity gradually.

We recommend that you:

- Do not do any heavy lifting or strenuous exercise (eg; weights or aerobics) for 3 months.
- Do not sweep the floor, vacuum, or pull clothes out of the washing machine for 6 weeks.
- Do not do any activities that put undue stress on your abdominal muscles, or wound for at least 6 weeks after your surgery.
- Do not drive until you can use the floor pedals without abdominal pain. This is usually 2-4 weeks. However, you should check with your motor vehicle insurance company as they may have restrictions on driving following surgery.
- If you have had a hysterectomy, do not have sexual intercourse for 6 weeks.

Pain relief

You should continue to take regular paracetamol for pain relief. You may take 2 paracetamol tablets every 6 hours. Do not take more than 8 paracetamol tablets in a 24 hour period.

If you need stronger medication for pain relief you can take medication such as Endone or Tramadol. You will be given a 7 day supply of this medication when you go home. As you start to feel better you can gradually decrease the amount of pain relief medication. If you still require strong pain relief after 7 days you will need to see your general practitioner (GP) for review.

Constipation

Constipation may occur following abdominal surgery. It is important to drink plenty of fluids. You should drink up to 2 litres each day to help prevent constipation.

However, you may also require medication to assist you with regular bowel motions. You will be given a 5 day supply of Coloxyl. You can get Coloxyl from your pharmacy without a doctor's prescription.

Wound Care

- You may shower as normal and pat your wound dry with a clean towel. No dressing is needed to cover the wound.
- If you do go home with your wound dressing still on, you should remove the dressing 5 days after your surgery. This is best done while in the shower, as the warm water will help removal.

- If you have abdominal wound clips you will need to see your general practitioner (GP), or come back to the Gynaecological Oncology Outpatients Department to have the wound clips removed. You will be told when to have the clips removed before you leave.
- If your wound becomes red, feels hot to touch, or you have an elevated temperature, you may have a wound infection. Please contact us or your general practitioner.

Vaginal Spotting Post Surgery

You may have some spotting following surgery, which can occur for up to 4 weeks. If you experience any significant bleeding, unpleasant discharge, or are concerned, please contact us or your general practitioner.

What do I need to take with me when I leave hospital?

- All your belongings from your room (including phone charger).
- Any X-rays or scans you brought into hospital.
- Medications you brought with you and medications provided by the hospital.
- Letter for your doctor and details for your follow up appointment.
- Discharge slip –please hand this to the front desk on Level 0 as you leave.

If you experience any worrying symptoms or have any questions, please call us during business hours (Monday to Friday, 8am - 5pm).

Ellen Barlow: Gynaecological Oncology Surgical Nurse Consultant: on 9382 6184, Mob: 0410 514 869.

OR:

Jennie Duggan: Gynaecological Oncology Clinical Nurse Consultant: on 9382 6229, Mob: 0417 944 297 **or** the hospital switch board on 9382 6111 and ask to page 44068.

OR: 9382 6290 or 9382 6291 and ask to speak to the **Gynaecology Oncology Fellow.**

After hours (between 5pm and 8am, and on the weekend) you should call **Macquarie Ward** on 9382 6298.