

We are available for over the phone advice until 7pm on the day of your surgery. After this time please contact us on one of the numbers over the page.

Your discharge summary will be emailed to your GP.

In the event of requiring an out of hours GP contact NHS 111

OR

In the event of an emergency, call **999**
Or go to your local **A&E**.

Your discharge nurse is:

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Date:

Chichester Treatment Centre

Pagham Recovery 01243 788122

Ext. 35056

Opening hours 08.30– 20.00

Monday—Friday

Out of hours please call the main hospital switchboard on 01243 788122 and ask for bleep number 6341 for the registrar on call for Obstetrics and Gynaecology

UH SUSSEX

NHS Foundation Trust

Information Sheet

Advice following your Day Case Hysterectomy

St. Richard's Hospital

Spitalfield Lane

Chichester

West Sussex

ABOUT DAY CASE HYSTERECTOMY

This leaflet explains what to expect after a day case laparoscopic hysterectomy procedure. Please read in conjunction with the hysterectomy leaflet from the clinic.

Studies show that it is safe for patients to go home 4-6 hours after a laparoscopic hysterectomy. This reduces the length of time you will need to stay in hospital and reduces that chance of you catching a hospital-acquired infection or deep vein blood clot (DVT).

Advice following your procedure

You have had a general anaesthetic. It is important that you do not do the following during the next 24 hours:

1. Drive, or operate machinery, power tools or electrical equipment.
2. Make any vital decisions or sign legal documents.
3. Drink any alcohol.

Seek medical advice if:

- You feel unwell, dizzy, faint, have a fever, start vomiting or have severe pain.
- You cannot pass urine or it burns
- Vaginal bleeding becomes heavy or smelly
- Painful legs, or shortness of breath
- Increasing pain or redness in your scars

Wound care and stitches

- Keep the dressings clean and dry and remove these after 2 days
- If you are concerned about your wound or dressings, please phone the numbers at the back of this leaflet for further advice
- You can shower after surgery. Baths are not advised until the scars have scabbed over.
- You should not pick up or carry any items heavier than a kettle for 4 weeks
- Keep wearing your anti-embolization stocking for 14 days, to help prevent a deep vein thrombosis (DVT).
- Inject yourself once a day with the dalteparin injections for 10 days and dispose of syringe in sharps bin supplied. Contact your local council for sharps disposal information once the course of injections is complete. After 10 days you will need
- It is safe to start doing pelvic floor exercises as soon as you feel able to. You can start gentle exercise such as walking as soon as you are comfortable.
- Vaginal bleeding may persist for up to 4 weeks

Driving

Do not drive until you are able to carry out an emergency stop without hesitation.

You should not drive or operate heavy machinery whilst you are taking co-codamol or oramorph.

TAKE HOME DRUGS

You have been prescribed:

ORAMORPH 10mg/5ml - take 10-20mls up to four times daily for the first 1-2 days. **CO-CODAMOL 30/500** 1-2 tablets up to four times a day. Do not take anything else containing paracetamol at the same time. Take 1-2 tablets up to 4 times a day. **LAXIDO** 1-3 sachets daily to prevent constipation which can increase post-operative pain and nausea.

DALTEPARIN 5000units. Inject once daily for 10 days.

Please buy IBUPROFEN to take at home up to three times per day.

Follow-up

You will receive telephone follow-up the day after you are discharged.

You may have further follow-up depending on the reason you had surgery and you will be notified of this.

Your stitches are all dissolvable and do not need to be removed.

Catheter Removal if required:

Please attend on attime for removal of your catheter. Please be prepared to stay for up to four hours.