

Wound Care and Sutures

Laparoscopic or "key hole" surgery requires small incisions to be made in your abdomen. They will be covered in a waterproof dressing initially and may be supported by a suture or steri-strip. You can take the dressing down 1-2 days post discharge and inspect the site. If the wound becomes smelly, tender, red or begins to ooze and you are concerned it is infected please see your GP or contact us for further management.

When to Seek Help

You should seek advice from your GP or WA Gynae & Surgery if you experience any of the following:

- ❖ Persistent vaginal bleeding
- ❖ Passing large clots or tissue
- ❖ Offensive smelling vaginal discharge
- ❖ An elevated temperature over 38°C, or chills
- ❖ Persistent and worsening nausea or vomiting
- ❖ Increasing abdominal or back pain not relieved by analgesia
- ❖ Pain, burning or frequency when passing urine
- ❖ Increasing difficulty in emptying your bladder
- ❖ A wound with persistent redness, pain, ooze or increasing swelling around the incision or an enlarging bruise around the incision site

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Please find your post operative appointment details on the Admission page. Should you have any difficulties attending this appointment please call the rooms so we can reschedule.

If you have a concern post your procedure:

During Business Hours:

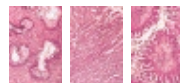
Contact WA Gynae & Surgery - **9388 3495**

After Hours: Nurse manager at SJOG Subiaco - **9382 6111**

Emergency requiring urgent assistance:

KEMH or your nearest emergency department

If you are happy to see your GP, then please do so.



DR STUART Salfinger

MBBS, FRANZCOG, CGO,
GYNAECOLOGIC ONCOLOGIST



GYNAECOLOGIST
AGES ADVANCED LAPAROSCOPIC SURGEON



**DR. TODD
LADANCHUK**

MBBS(Hons) FRANZCOG, CU
OBSTETRICIAN, GYNAECOLOGIST
& CERTIFIED UROGYNAECOLOGIST



North One - 108/9 Salvado Road, Subiaco, WA 6008

T (08) 9388 - 3495 | F (08) 6382 - 3300

A/H (SJOG Switch) (08) 9382 - 6111

All Correspondence: PO Box 2153, Subiaco, WA 6904

reception@wagynaesurgery.com.au

wagynaesurgery.com.au



HOW TO GET WELL

**OPERATIVE
LAPAROSCOPY**

Admission

Please come to the admission desk of _____

hospital on ____/____/____ at _____ am

A pre-admission nurse will be in contact with you to discuss pre-operative instructions, the following points give you an idea of what to expect during this discussion. Depending on your medical history the anaesthetist may also phone you prior to surgery. The anaesthetist will always see you on the morning of surgery and sometimes will require a consultation a few days prior.

The anaesthetist for your surgery will be

Dr _____

☐ **AM list — No food or milk products after midnight** (this includes lollies and chewing gum). You may drink water up until 6am the morning of your surgery.

☐ **PM list — You may have a light (non fatty) breakfast before 7am the day of your surgery.** Thereafter you must fast from all food and milk products (this includes lollies and chewing gum). You may continue to drink water freely until 11am.

- ❖ Please try not to smoke for at least 24 hours prior to your admission.
- ❖ If you are on medication you should continue taking it UNLESS you have been otherwise instructed.
- ❖ Shower on the morning of your operation. Do not use talcum powder.
- ❖ Remove all nail polish and jewellery.
- ❖ Please arrange an escort to pick you up post your procedure.
- ❖ If you are at all concerned about your procedure, or have any queries please do not hesitate to call our rooms.

Routine follow up appointment

_____ @ _____ am / pm

T : (08) 9388-3495

☐ **reception@wagynaesurgery.com.au**

☐ **secretary@wagynaesurgery.com.au**



Your Recovery

Your surgeon and their team will have provided you with information prior to your operation about the procedure itself and the any questions you may have had. Now that you have had your procedure you probably have new questions. The aim of this "Recovery" sheet is to answer those questions.

Rest

Rest is imperative for a good recovery. You should rest when you get home, and if you have had major surgery you should continue to rest for the next few weeks. Taking a break during the day and resting in bed, laying in later in the morning and retiring earlier at the days end are ways to maximize rest time. Resuming your normal daily activities will depend on how you are feeling after your surgery and you should be back to work 1-2 weeks post-procedure. Everyone is different and these times will vary for individuals.

Pain and Bloating

Cramping and abdominal discomfort, similar to that of period pain are common symptoms post-surgery. It is best to take regular pain relief such as paracetamol and/or Ibuprofen to cover your pain requirements. A hot pack and resting may also help. Laparoscopic procedures require for your abdomen to be filled with gas. You may have a distended (bloating) abdomen for a few weeks as well as some referred pain most commonly across your shoulders. Pain relief and gentle walking can help to dissipate the excess gas.

Vaginal Bleeding

Light vaginal bleeding is to be expected post-procedure. A light bleed may last a few days but can continue for a few weeks. You may use sanitary pads and shower as per usual. If you are concerned and the bleed is heavy or indicative of infection please call your GP or our rooms. Many women do not have their next normal menstrual cycle for four to six weeks after surgery. When your normal cycle returns, you might notice heavier bleeding and more discomfort than usual for the first period. Subsequent periods should be more normal and show an improvement in pain if that was the aim of your surgery.

Exercise

If you are planning to resume exercise, make sure you are balancing your activities with adequate rest. High impact sports and swimming should be avoided but low impact exercise such as walking can be introduced slowly. This is important as you don't want to put undue stress on healing tissues. If at any time exercise causes pain, stop immediately. Everybody is different in their recovery, stay within your own limits and remember if it hurts don't do it.

Swimming

It is safe to swim 10 - 14 days post surgery.

Resuming Intimacy

For most minor procedures resuming intercourse is fine as long as there is no discomfort. If you experience discomfort stop and discuss this with your doctor.

Bladder and Bowel Care

Your surgery may have impacted on your bladder and bowel function. Initially your bowels may be sluggish (this usually takes 2-5 days to return to normal) and you may have an indwelling catheter in your bladder. The indwelling catheter will be removed prior to discharge and aperients will be prescribed to maintain regular bowel habits. It is important to drink good amounts of water (6-8 cups a day) to keep well hydrated and support a healthy bowel and bladder. Eating low residue foods (white rice, pasta, fruits and vegetables) will assist in producing a stool that should be formed but soft and prevent constipation and straining.

Driving

Resuming driving will depend on both your recovery and your car insurance coverage. For laparoscopy surgery time off from driving is 1-2 weeks. If you are attending a day surgery procedure, we recommend that you arrange an escort to take you home and stay with you overnight after your return home.