

DISCHARGE INFORMATION

DR RANA

TOTAL LAPAROSCOPIC HYSTERECTOMY

- You may experience some pain at the site of the incisions. A stitch is used to close each of the small incisions. These stitches are self-dissolving and do not need to be removed.
- You may experience an ache in the shoulder area and sometimes under the rib cage caused by a small amount of gas used during the procedure irritating the diaphragm. This is normal and usually disappears within 24 - 48 hours.
- Simple analgesia eg: Panadol or Nurofen can be taken for pain relief. It may be best to take something before the pain becomes too severe.
- If you are someone who gets constipated, please use regular Lactulose/ Movicol for 7 days after the procedure.
- Leave the dressing/ skin glue intact for 6 days or as instructed. Please wash hands with soap & water prior to removing dressing/ glue on day 7.
- You can shower normally with or without dressing/ skin glue.
- Dry the wound area by blotting with a clean towel, do not rub the wound.
- Ensure that your navel is clean and dry. DO NOT apply talc or lotions near wound.
- Light vaginal spotting is normal following surgery particularly between week 2 and 3. If the bleeding is heavy like a period, please contact Dr Rana's rooms.
- If you think your wounds may be infected, (feels hot to touch, swollen, temperatures, wound ooze or gaping) please contact Dr Rana's rooms or your own GP.

For Six Weeks Do's and Don'ts

Do's

- Walking – up and down staircase
- Standing for up to 30 mins
- Return to work –
 - for a desk job after 3-4 weeks
 - for manual lifting after 6 weeks
- Driving can be commenced after 2-3 weeks, but don't lift heavy shopping bags for 6 weeks.

Don'ts

- Intercourse (sex)
- Tampon use (only pads for 6 weeks)
- Gym, weights
- Swimming

If you have any other concerns following your surgery, please contact:

DR RANA – Telephone Number: (07) 49656565
Mater Hospital After Hours Service: (07) 49655455