

Discharge Information Following Laparoscopic, Open Abdominal, or Vaginal Gynecological Surgery

Important Information following day of surgery

- The effects of the drugs that you were given during or after your surgery can last for up to 24 hours.
- The side effects of these drugs can alter your short-term memory, judgement, motor skills and response time.
- Have a **responsible adult** take you home and **remain with you** for the rest of the day and overnight.
- **DO NOT** drink alcohol, use machinery, power tools, or drive a motorized vehicle for at least 24 hours.
- **DO NOT** make any major decisions or sign any legal papers for at least 24 hours.

Activity

- Rest today, then resume your usual activities as you can tolerate.
- Avoid any straining or pulling.
- Avoid heavy lifting (anything 10 lbs or more) for 6 week(s)
- Avoid sporting activities and swimming until your incision has healed and/or vaginal discharge has stopped. To keep active, walking is an excellent exercise that is tolerated by most patients.
- Avoid driving until you feel comfortable
- Check with your doctor before returning to work

Diet

- Unless otherwise instructed, you may resume your usual diet today.
- If you feel nauseated, stay on clear fluids until the feeling passes. Increase your diet when you feel ready.
- Avoid alcohol while taking pain medications.
- Avoid constipation by increasing fibre in your diet (fruits, vegetables, whole grains and cereals)
- Drink 6-8 glasses of water each day.

Hygiene

- You may shower or sponge bath at any time
- Avoid hot tubs, and swimming until the incision has healed and/ or vaginal discharge has stopped.
- Other: _____

Did your doctor tell you that you have developed an infection related to your surgery?

IF YES, please call the Infection Prevention Control office at LWDH.

807-468-9861 ext. 2362

Thank you for helping us ensure quality care.

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Vaginal Bleeding/Spotting

- You may have some bleeding or spotting. It should stop in 2-4 weeks.
- Use sanitary pads only.
- Avoid tampons or placing anything in the vagina for 6 weeks or until advised by your surgeon.

Sexual Activity

- It is recommended that you do not attempt sexual intercourse for 6-8 weeks after surgery.
- This time is needed to allow the tissues at the top of the vagina to heal completely.

Care Of Your Incision:

- Wash your hands before and after touching the incision or dressing. (if you have a dressing, take it off in 48 hours)
- After the dressing is off wash your incision with soap and water, and pat dry with a towel.
- Steri-strips on your incision will fall off on their own, if not remove them in 1 week.
- You may have a small amount of clear/pink/ red fluid coming from your incision during the first 24 hours after surgery.

Pain/Cramps

- You may have discomfort or cramping in your lower abdomen.

Follow- up Appointment

- Make a follow up appointment with Dr. Walters in 6-8 weeks.
- Call the LWDH Visiting Specialist Coordinator at 807-468-9861 ext 2287 to make your appointment.

Call your doctor if you have the following:

- Chills or fever over 38°C or 101°F by mouth
- Increased bleeding, swelling, tenderness, redness, or foul odour from your incision
- Vomiting that does not go away
- Trouble or burning when passing urine
- Increased pain not relieved by pain pills
- Severe headache

Call 911 or go to the nearest Emergency Department if you have the following:

- Severe chest pain, or shortness of breath
- Heavy vaginal bleeding, large clots, or foul discharge
- Pain, swelling, or redness of your legs