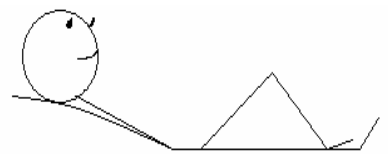


Rest in Bed Exercises After Your Operation

These exercises should be commenced as soon as you wake up on the day of your operation.

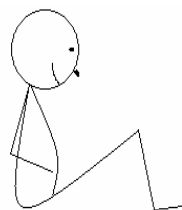
1. Exercises for Circulation

- Bend feet up and down. Repeat 10 times every hour.
- Circle feet in as large a circle as possible. Repeat 10 times every hour.
- Bend one knee upwards, keeping the heel on the bed, slide it down again, repeat with the other. Repeat 5 times every hour.
- With your legs straight, stiffen your legs and tighten your bottom, hold for a count of 5 and then relax. Repeat 5 times every hour.



2. Breathing and Coughing

- Deep breathing: When sitting or lying, place your hands on the sides of your lower ribs. Breathe deeply making sure your ribs move under your hands. Relax, and breathe out slowly. Repeat 5 times every hour.
- Huffing to assist coughing: Breathe deeply and huff on outward breath. Repeat twice every hour.
- Coughing: With abdominal operations, support your chest firmly with hands or pillow. Breathe in deeply and cough. Repeat once every hour.



Discharge Advice

- The recuperation period after a Hysterectomy is 3-6 weeks depending on the surgical method. It takes quite a bit longer to recover from an abdominal hysterectomy than a vaginal hysterectomy.
- Do not lift heavy weights (over 2-3 kilos in weight) for 6 weeks after surgery. Avoid excessive stretching and straining.
- Make sure you have adequate rest, you may feel tired.
- Gradually increase your daily activities as you feel stronger.
- Sexual activity should be avoided until after your review appointment in approximately 6 weeks. For more information see the Hysterectomy leaflet.
- Avoid constipation and straining by eating high fibre diet and taking regular gentle exercise, eg walking.
- Remember to continue your Pelvic Floor Exercises. See the brochure given to you at Pre-Admission Clinic. The Hospital Continence Nurse can be contacted on (03) 5381 9321.
- You will be given tablets for pain relief to take home
- You may have a very light blood loss from the vagina for 4-6 weeks after surgery. This can be normal.



Tell Your Doctor If

- Your pain does not wear off within 7-10 days or is not being relieved by prescribed pain killers.
- If the vaginal discharge is heavy, offensive, smelling, or if you have any abnormal discharge. 1 in 12 women have emotional changes after surgery. Please discuss with your doctor if you are concerned.
- You have a fever or chills.
- Develop a swollen abdomen.
- You develop swelling, tenderness or have a discharge around the cut (if abdominal hysterectomy).
- You have any problems with passing urine.
- You can contact Lister House Clinic on (03) 5382 0011.

Activity After Discharge

- Around the House** You should not do any heavy lifting (eg shopping bags, baskets of wet washing) Heavy housework should be avoided, eg. vacuuming, moving furniture. Remember many household jobs can be performed while sitting rather than standing, eg preparing vegetables, ironing.
- Return to Work** This depends on the type of work you do. You should discuss this with your doctor. Generally you will be off work for 1-4 weeks.
- Driving** You can resume driving when you are pain free and can brake suddenly without pain, usually 1-2 weeks.
- Sport** Resumption of sporting activities is variable. You should discuss this with your surgeon and/or local doctor.

Disclaimer: This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse.



PATIENT PATHWAY FOR GYNAECOLOGY SURGERY

INFORMATION FOR YOU . . .

The following information will be discussed with you in the Pre-Admission Clinic.

Date of Admission to Hospital:
You will need to telephone the Day Procedure Unit on (03) 5381 9265 between 1.00 p.m. and 3.00 p.m.

You will need to stop eating and drinking 6 hours before your admission time. You may have a couple of sips of water up until 2 hours before your admission.

You will need to shower at home on the morning of your operation.

You will need to remove all jewellery (your wedding ring may be left on).

BEFORE YOUR SURGERY YOU NEED TO TAKE:

TINIDAZOLE (4 tablets): to be taken at :..... on the night before your operation

PICOLAX: to be taken at 3.30 p.m. on the afternoon before your operation.

Your Own Medication(s): to be taken with a sip of water on the morning of your operation, unless advised.

Blood Test to be Done:

Date:

At:

Before:

When you come into hospital bring your:

- Own medications (tablets / drops / inhalers) you are taking. These will be continued whilst you are in hospital.
- Eye glasses and /or hearing aids if you use them.
- Toiletries, night clothes (3-4 changes), sanitary pads.
- Do **not** bring a large amount of money, jewellery or valuables.

Admission / Discharge Arrangements:

- Please come to Hospital Reception at your admission time.
- You will be expected to stay in hospital for 3-4 days (depending on your operation). Discharge time is 10.00 a.m.
- Before you come into hospital please make arrangements for someone to drive you home on discharge.
- It is best to limit the number of visitors you have for the first 2 days after your surgery.

YOUR CHECK LIST . . .

The following checklist is to assist you in preparing for your admission to Hospital.

Confirm Admission by phoning 5381 9265 the day before your operation:

Date: Time:

Confirm Fasting Time
Nothing to eat or drink from: Time:

Shower at home on the morning of your operation:
no powder, no deodorant, no make-up, no nail polish. Wedding ring ONLY.

BEFORE YOUR SURGERY YOU NEED TO TAKE:

TINIDAZOLE (4 tablets): taken as directed

Date / Time:

PICOLAX: taken as directed

Date / Time:

Your Own Medication(s): taken as directed

Do not take your:

Blood Test




Attended to as directed

Do you have your:

- Own medications
- Eye glasses and / or hearing aids
- Toiletries, night clothes, sanitary pads
- Patient Pathway (this document)

Admission / Discharge Arrangements:

- Arrangement made for family / friend to take you home on discharge from hospital.
- Present to Hospital Reception on your admission.

	At Pre-Admission	Day of-Admission / Surgery	Day 1 After Your Surgery	Day 2 After Your Surgery	Day 3 and Discharge Day (Vaginal Surgery)	Day 4 and Discharge Day (Abdominal Surgery)
Treatment and Observations 	You will: <ul style="list-style-type: none"> be assessed by a doctor for the anaesthetic have your blood and urine tested have an electrocardiograph (ECG) if required have your blood pressure, pulse, oxygen levels and weight measured 	<ul style="list-style-type: none"> You will be admitted to the Day Procedure Unit and transferred to a ward after your operation. Your surgery will take at least 2-3 hours. You will be seen by the Anaesthetist. You will have a drip in a vein, to give you fluids and pain relieving medication. You may have oxygen for the first 24 hours. 	You will: <ul style="list-style-type: none"> have your blood pressure, temperature and pulse measured 4 times a day. Have the oxygen ceased if your levels are satisfactory. be visited by your doctor. 	You will: <ul style="list-style-type: none"> have your blood pressure, temperature and pulse measured 4 times a day. be visited by your doctor. 	<ul style="list-style-type: none"> You will have your blood pressure, temperature and pulse measured You will be visited by your doctor If required, your Doctor will discuss options for Hormone Replacement therapy (HRT) If you require HRT, you will be given a prescription which you can have filled at your local chemist 	<ul style="list-style-type: none"> You will have your blood pressure, temperature and pulse measured You will be visited by your doctor If required, your Doctor will discuss options for Hormone Replacement therapy (HRT) If you require HRT, you will be given a prescription which you can have filled at your local chemist
Medication 	Pre-Admission Clinic staff will: <ul style="list-style-type: none"> give you a bowel preparation and antibiotics to take as directed discuss and give you written information on pain management : patient controlled analgesia (PCA) or intravenous infusion review your current medication discuss anaesthesia 	<ul style="list-style-type: none"> Before surgery you may be given an injection/tablet to help you relax. You will be given a drip or injections with painkillers for 24-48 hours after your surgery. It is important that you tell the nurses if you have pain. You may have a small injection to thin your blood and prevent blood clots each day while you are in hospital. 	Abdominal gynaecological surgery <ul style="list-style-type: none"> The drip with painkillers will continue. Vaginal Hysterectomy: / Repair <ul style="list-style-type: none"> when patient controlled analgesia is removed you can have pain relieving injections or tablets. <ul style="list-style-type: none"> If you develop wind pain, please tell the nurses. Medication and walking may help. 	Abdominal Hysterectomy/Repair: <ul style="list-style-type: none"> The drip with painkillers may be removed You can have pain relieving injections or tablets. Vaginal Hysterectomy: / Repair <ul style="list-style-type: none"> pain relieving injections or tablets. 	Abdominal Hysterectomy/Repair: <ul style="list-style-type: none"> pain relieving tablets The Pharmacist: <ul style="list-style-type: none"> will visit and discuss discharge medication If you brought medications in with you, they will be returned to you prior to going home.	Abdominal Hysterectomy/Repair: <ul style="list-style-type: none"> pain relieving tablets The Pharmacist: <ul style="list-style-type: none"> will visit and discuss discharge medication If you brought medications in with you, they will be returned to you prior to going home.
Nutrition 	<ul style="list-style-type: none"> You will be instructed to have nothing to eat or drink for 6 hours before your surgery. You may take sips of water up until 2 hours before admission to hospital. 	You will: <ul style="list-style-type: none"> be given nothing to eat and drink before and for 4 hours after your operation. be able to have ice chips 4 hours after your operation and sips of fluid as you feel up to it, building up to free fluid intake. 	<ul style="list-style-type: none"> It is not unusual to feel sick for a day or two after surgery. Tell the nurse if this happens so you can have medication to stop it. Normal fluid intake and a light diet is usually commenced on the day after your operation. 	<ul style="list-style-type: none"> You should be able to eat and drink normally. If you do feel sick, tell the nursing staff. 	<ul style="list-style-type: none"> You should be consuming a high fibre diet and normal fluids. 	<ul style="list-style-type: none"> You should be consuming a high fibre diet and normal fluids.
Mobility	You will be given: <ul style="list-style-type: none"> pelvic floor exercise information instructions on gentle exercises to do following your surgery 	You: <ul style="list-style-type: none"> rest in bed until the anaesthetic has worn off. may be assisted out of bed later in the day of your surgery. do your exercises for circulation and lungs (see back page of this brochure). 	<ul style="list-style-type: none"> You will be able to walk short distances, which you may slowly increase as you feel fit. The physiotherapist will visit you. Do not forget to do your exercises. 	<ul style="list-style-type: none"> You should continue deep breathing and limb exercises hourly. You should do 5 pelvic floor exercises three times a day - if you have problems the let nurses know increase the amount of walking you do each day 	<ul style="list-style-type: none"> You should gradually increase the amount of walking you do each day You should be walking independently. You should do 5 pelvic floor exercise three times a day - if you have problems let the nurses know 	<ul style="list-style-type: none"> You should gradually increase the amount of walking you do each day You should be walking independently.
Personal Care	You will be advised: <ul style="list-style-type: none"> in regard to showering before your operation to give up smoking before the operation to help reduce any risks association with smoking 	<ul style="list-style-type: none"> Shower at home before admission. You will be given a wash in bed, after your operation. Firm stockings will be put on your legs after your operation to reduce the risk of blood clots. 	You will: <ul style="list-style-type: none"> shower with assistance if you are able need to still wear the firm stockings until you are walking regularly. need to ask a nurse to assist with your stockings. 	You will: <ul style="list-style-type: none"> be able to shower with or without assistance. 	You will: <ul style="list-style-type: none"> be showering and self caring with minimal assistance 	You will: <ul style="list-style-type: none"> be showering independently and self caring
Bladder and Bowel Care	You will: <ul style="list-style-type: none"> be given medication to use as directed to clear your bowel before your operation 	You may: <ul style="list-style-type: none"> have a tube (catheter) in your bladder which will drain urine into a plastic bag - this is removed within 24 hours. 	<ul style="list-style-type: none"> You may have the catheter removed early in the morning Your urine output will be measured. If using the toilet you will be shown how to use a measuring 'hat'. 	<ul style="list-style-type: none"> You will continue to have your urine output measured: if using the toilet you will be guided in the use of a measuring 'hat'. You need to tell the nurse if you have not yet opened your bowels. If you develop any difficulty passing urine tell the nurse. 	You: <ul style="list-style-type: none"> will need some medication if you have not yet opened your bowels. should be passing urine without difficulty. need to have your bowels opened before going home. 	You: <ul style="list-style-type: none"> will need some medication if you have not yet opened your bowels. should be passing urine without difficulty. need to have your bowels opened before going home.
Wound Care 	You have consented to the following operation: Abdominal gynaecological surgery (including abdominal hysterectomy) Vaginal Hysterectomy / Repair (Specific care of this operation has been colour highlighted to assist you).	<ul style="list-style-type: none"> You may have a 'drain tube' coming from your abdomen. You will have some vaginal blood loss. If it becomes heavier than a period tell the nurses immediately. The loss will be checked by nurses with your observations. Abdominal gynaecological surgery You will have a dressing that will be left intact until the next day. Vaginal Hysterectomy: / Repair: You may have a small incision in your tummy where the surgeon has used a laparoscope to have a look.	<ul style="list-style-type: none"> You might have a slight vaginal blood loss. If it becomes heavier than a period or smells offensive tell the nursing staff and doctor immediately. The sanitary pad is changed as required The drain tube from your abdomen may be removed today. Abdominal Hysterectomy: <ul style="list-style-type: none"> your dressing is changed to a waterproof dressing to allow you to shower the drain tube is removed Vaginal Hysterectomy:	Abdominal Hysterectomy: <ul style="list-style-type: none"> your dressing is changed Vaginal Hysterectomy: / Repair <ul style="list-style-type: none"> the pad is changed as required If you have had 'key hole' surgery the dressing is removed before you go home. <ul style="list-style-type: none"> There should be minimal vaginal discharge. If have stitches / staples and go home, an appointment will be made for you at Lister House Clinic for removal of these stitches / staples.	Abdominal Hysterectomy: <ul style="list-style-type: none"> your dressing is changed An appointment will be made for you at Lister House Clinic for removal of stitches / staples:	Abdominal Hysterectomy: going home today. The nursing staff will: <ul style="list-style-type: none"> Give you a wound pamphlet to explain wound care for when you go home Make an appointment to see your surgeon in approximately 6 weeks time:
Discharge and Education	The nurse will: <ul style="list-style-type: none"> discuss the length of stay in hospital discuss plans for your discharge give you information on what to expect after surgery 	<ul style="list-style-type: none"> If you have had a Vaginal surgery and a Laparoscope was used you may experience some pain in the tip of your shoulders due to air under your diaphragm. This is normal after this procedure. 	Nursing staff will: <ul style="list-style-type: none"> assess you for Post Acute Care Services to see if you need any help when you go home discuss the length of stay in hospital discuss plans for your discharge. 	Vaginal Hysterectomy :/ Repair <ul style="list-style-type: none"> Patients prepare to go home tomorrow, if all is well The Continence Nurse shall visit you. 	Abdominal Hysterectomy: patients prepare to go home tomorrow. Vaginal Hysterectomy / Repair: going home today. The nursing staff will: <ul style="list-style-type: none"> Give you a wound pamphlet to explain wound care . Make an appointment to see your surgeon in approximately 6 weeks time. 	