

Home Advice for Patients Who Have Undergone Gynaecology Laparoscopic Surgery



James Paget
University Hospitals
NHS Foundation Trust

Author: Beverley Gray, Senior Sister. Day Care Unit

Following your minor operation:

- You may experience some vaginal bleeding, this may continue for a few days.
- It is not unusual to experience shoulder pain for up to one week after surgery. Mobility can help this.
- You will have some tummy pain immediately after the operation but this should continue to improve after the operation day by day – if it does not get better or gets worse please contact your GP or A&E as soon as is appropriate
- If you develop a fever or start to vomit or have diarrhoea please contact your GP.
- It is common to have dissolvable stitches, these may take as long as three weeks to dissolve completely.
- You may need to take about a week off work, and should avoid lifting heavy objects for around two weeks.
- You should not drive until you can comfortably perform an emergency stop.
- Sex is fine when you feel well enough and the bleeding has settled.
- Return to your normal activities as soon as you are able.

It is important following your surgery to remain as mobile as possible.

For 24 hours following your general, local anaesthetic:

- Do not drive a motor vehicle, ride a bicycle or operate machinery.
- Do not lock the bathroom or toilet door.
- Do not make important decisions or sign documents.
- Do not drink alcohol.
- If there are any problems after you return home, please telephone your GP.

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs. Should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

- | | |
|--|--|
| <ul style="list-style-type: none">• Courtesy and respect• A welcoming and positive attitude• Polite, friendly and interested in people• Value and respect people as individuals
So people feel welcome• Attentively kind and helpful• Look out for dignity, privacy & humanity• Attentive, responsive & take time to help• Visible presence of staff to provide care
So people feel cared for | <ul style="list-style-type: none">• Responsive communication• Listen to people & answer their questions• Keep people clearly informed• Involve people
So people feel in control• Effective and professional• Safe, knowledgeable and reassuring• Effective care / services from joined up teams• Organised and timely, looking to improve
So people feel safe |
|--|--|



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240