

## Recovery Guide Laparoscopy & Hysterectomy

Go for a walk each day, a short walk initially and increase as you feel able.  
Shower rather than bath for approximately 4 weeks.

Leave the sticking plasters on till they fall off. Pat dry and use hairdryer on wounds after your shower. The umbilical wound is the exception - see below.

Avoid driving a car for approximately 5-10 days. Practice taking your foot off the accelerator and placing it on the brake in a stationary car, before actually driving. Once you feel you can do an emergency stop, then you can drive.

You do not need to avoid lifting, but obviously use your common sense. If it hurts do not do it.

Intercourse - you may recommence when bleeding and discharge settle;

Laparoscopy - 10 to 14 days

Hysterectomy - 4 weeks

Post-operative pain relief;

Voltaren tablet three times daily

Panadol - 2 tablets 6 hourly

The umbilical wound is often the most uncomfortable wound. This dressing should be removed after 10 days.

After a laparoscopy or hysterectomy there may be some vaginal bleeding, if it is very heavy or there are clots present get in touch with your surgeon or ring the ward.

If you have any concerns, please do not hesitate to phone Michael East's rooms at any time (09) 522 3797 or after hours (09) 366 4107.

Things to watch out for; discomfort whilst passing urine, abdominal pain, increasing bleeding or discharge, high temperature, generally feeling unwell. Vaginal discharge is quite normal for 2-3 weeks.

Please phone Linda at our rooms as soon as possible to arrange a follow up appointment in 4 weeks time. There is no charge for this appointment.