

# Gynaecological Oncology

## Post Discharge Care Instructions

Recovery following surgery generally takes 4-6 weeks. We recommend the following when you go home.

### **Pain relief**

Continue to take regular paracetamol (2 tablets every 6 hours-maximum of 8 in 24 hours) with a stronger analgesic as prescribed to maintain adequate pain control. You will be given a 5 day supply when you leave hospital. In most cases, this should be what you would require after surgery. As you start to feel better you can start to decrease the amount of medication you take for pain relief.

### **Constipation**

Preventing constipation post surgery is very important. When taking stronger analgesics you should also take a laxative such as coloxyl with senna or movicol to prevent constipation. You will receive a 5 day supply of one of these when you are discharged.

Keeping yourself hydrated and mobile will also help to prevent constipation.

### **Vaginal Spotting after surgery**

You may have some spotting post surgery which may last up to 2 weeks. If you experience any significant bleeding, offensive discharge or are concerned please contact us.

### **Sex**

Do not have sexual intercourse for 8 weeks post surgery.

### **TED Stockings**

Continue to wear your TED stockings for 4 weeks to prevent Deep Vein Thrombosis (blood clot in the leg).

### **Wound Care**

Your dressing should be removed as removed as instructed by your doctor or specialist nurse.

Remove your dressing while you are having a shower. Do not use any soaps or lotions to wash your wound, only water is needed. Pat the wound dry after your shower. No dressing is needed to cover the wound. There is also no need to take out sutures as they are dissolvable.

If your wound becomes red, feels hot to touch or you have an elevated temperature, you may have an infection. Please contact us.

### **Activity**

You may gradually increase your physical activity when you go home. Avoid strenuous exercise for 4-6 weeks.

We recommend that you do not do any heavy lifting for 4-6 weeks.

It is very important that you continue to mobilise as normal and do not stay in bed for long periods of time during the day.

### **Driving**

We recommend that you do not drive for 2-4 weeks. If you are taking the strong pain medication, it is not safe for you to drive as it can make you drowsy.

We recommend that you do not start driving again until you can perform emergency stops. This may be difficult if you are still experiencing pain or discomfort from your surgery.

We also recommend that you consult with your insurance company before you start driving again.

## **Contacts**

If you have any concerns following discharge from hospital contact the Gynaecological Oncology Nurse Specialist on 85140648 during normal working hours) or the Gynaecological Oncology Nurse Practitioner on 8514 0648 on Tuesday and Wednesday.

After hours call the Gynaecological Oncology On-Call Fellow via the switchboard on 8514 0000. Alternatively you can go to your General Practitioner for advice.

To make or change follow up appointments, contact Clinic C Reception at Chris O'Brien Lifehouse on 8514 0060.