

## BEFORE COMING TO THE HOSPITAL

Stay fit and healthy!

Try to Quit or cut-down on your smoking (Quitline: 131848 www.quitwa.com)

Organise someone to look after your kids and your pets.

Take bowel-prep if it is prescribed to you - it is not routine for all patients.

Please refer to your information folder for fasting times and information.

## WHAT TO BRING TO THE HOSPITAL

- All of your medications
- Hearing/Walking aids
- Spectacles
- Comfortable clothes/pyjamas
- Toiletries
- Reading material or something to pass the time
- Small purse with petty cash for snacks/television fee, etc
- **Remember to take off all of your jewellery** before coming to hospital and leave any valuables at home
- Remove any nail-polish

## AFTER YOUR SURGERY

The nursing staff on the ward will assist you with all of your post-op care. They will:

- Teach you to self-inject Clexane, if you require it, to prevent DVT (a blood clot which can rarely occur after major surgery)
- Encourage you to 'mobilise' (get up out of bed) early, helping you to recover

If you have laparoscopic surgery you will return home on day 1-2 post-op.

If you have a laparotomy surgery you will return home on day 4-5 post-op.

## WHEN YOU RETURN HOME

**Pain Relief** - Take simple analgesia, eg, Paracetamol to help you recover. For open surgery you may require stronger analgesia which will be prescribed for you when you are discharged from hospital.

**Wound Care** - Keep your wound clean and dry as much as possible.

**Bleeding** - Some vaginal bleeding is normal especially if it is decreasing in amount each day. If it is increasing please call the practice.

**Exercise** - Please see separate physiotherapy leaflet, but as general rule, no lifting of more than 4kg for 4 weeks.

With laparoscopic surgery, it is usual to be 80% at 2-3weeks, and 100% by 6 weeks.

With open surgery it will be more likely 80% at 4-5weeks and close to 100% at 8 weeks.

We encourage you to keep active without straining or tiring yourself out.

**Driving** - For laparoscopic surgery no driving for 3 weeks. For laparotomy surgeries no driving for 5-6 weeks. Please check with your insurance company.

**Rest** - Rest as much as possible! Eat healthy foods and drink plenty of water.

**Intercourse** - You should refrain from sexual intercourse for 6 weeks after open surgeries or laparoscopic

surgeries which involve opening of the vagina such as a hysterectomy.

Communicating this to your partner is important. Earlier resumption is possible with other minor surgeries.

**Psychological Well-Being** - It is not uncommon after surgery to feel down and your emotions muddled up.

This is often due to the physical stress of having undergone an operation, coupled with dealing with the diagnosis of a "medical condition".

Most patients pass through this phase, but if after 6 weeks you are frequently feeling that your mood is not improved, please seek help. It may be as simple as talking to someone who has been through the same experience.

For patients having had surgeries to treat cancers, we can link you up to other patients who have been through similar experiences, or a psychologist.

Please do not be afraid to discuss things with us.

Everyone will react in their own way. You may feel upset, sad, angry, confused, or any number of emotions at any time during your treatment.

It is important for you to take care of yourself and take control of what you can - e.g. your diet, exercise and smoking, surrounding yourself with positivity. Some women like to pray or meditate - do what you find to be helpful.

**Bowels** - Take your stool softeners/laxatives to avoid straining and constipation for 1-2 weeks after surgery.

## TISSUE RESULTS AND DIAGNOSIS

It takes about 10-14 days for the results from your surgery to be assessed,

processed, sent to us for final review, and recommendations made.

Oncological or complicated cases will also be discussed at the WA GynaeOncology Tumour Board which is held weekly on a Thursday. Our nurses will call you to discuss once all results are verified and recommendations finalised, usually on a Friday morning.

We understand that you are anxious to receive your results early, but we are unable to compromise with thorough reviews and a multidisciplinary approach to oncological cases.

If results are benign and you have elected to receive results via email, an email will be sent to your preferred address.

## HORMONE REPLACEMENT THERAPY

You may require HRT if you are premenopausal and your ovaries are removed. This area is often complicated and "hormones" often bring up negative connotations which are untrue. Every case is different, and we will discuss this with you.

At WOMEN Centre, Dr Paul Cohen is a Specialist Gynaecologist who will review menopausal patients after treatments for cancer.

## POST-OP APPOINTMENT

You will have a follow-up appointment booked for 6-8 weeks after your operation so that we can assess your healing and answer any questions you may have.

## WHEN TO SEEK FURTHER HELP OR ADVICE:

You should seek advice from your GP or us if you experience any of the following:

- An elevated temperature (over 38° C)
- Increasing abdominal or back pain not relieved by taking analgesia
- Passing large clots (larger than 50¢ coin) or tissue vaginally
- Worsening nausea or vomiting
- Symptoms of a urinary tract infection
- Increasing redness, pain, ooze or increasing swelling around any incisions
- Sudden onset of shortness of breath
- Chest pain or productive cough

If you have a problem after your operation and you have been discharged from hospital:

**During Business Hours:**  
call WOMEN centre

**After Hours:**  
after-hours manager at SJOG Subiaco -  
Phone: **9382 6111**

**Emergency Requiring Urgent Assistance:**  
KEMH Emergency Department -  
Phone: **9340 2222**

If you are happy to see your GP, then please do so.

Please do not hesitate to contact us if you have any queries or would like to discuss any matters to do with your care.



P + 61 8 9468 5188  
F + 61 8 9381 2006

Suite 20, 2 McCourt Street,  
West Leederville, WA 6007

admin@womenscentre.com.au  
www.womenscentre.com.au

## Get Well Soon...

Please refer to your St John of God Subiaco 'Admission Guide Information for Patients' booklet for information regarding your admission. Prior to your surgery, SJOG admissions staff will phone you to confirm details regarding your hospital stay.