



Royal Berkshire
NHS Foundation Trust

Advice following gynaecological surgery

Adult Day Surgery Unit

Compassionate

Aspirational

Resourceful

Excellent

This leaflet is for women who have had gynaecological surgery at the Adult Day Surgery Unit in the Royal Berkshire Hospital.

Please read it before you go home so that you can have any of your questions answered before you leave. If there is anything you do not understand, or if you have any questions or concerns, please feel free to discuss them with your nurse.

Your operation

You should have been given a leaflet specific to the operation you have had at your pre-operative appointment. You can get another copy of this from the Trust website www.royalberkshire.nhs.uk or if you cannot access the internet, please call our PALS department on 0118 322 8338 and ask them to send you a copy.

If you have had a general anaesthetic

The anaesthetic drug remains in your body for up to 24 hours after your operation and over this period you may feel tired and drowsy. It is essential that you do not drive, do not operate machinery/appliances, do not sign important documents/make major decisions and have a responsible adult to look after you for at least 24 hours following your discharge from the Unit. Do not lock the bathroom or toilet door. Keep yourself accessible to the person looking after you. Drink plenty of fluids and eat a light diet, avoiding alcohol.

After the operation

- If you have a wound(s) it/they may be covered with a dry dressing or an adhesive clear plastic dressing. The nurse will explain how long the dressing (if any) will need to be kept on and will give you some wound care advice. Do not bath or shower for 24 hours. After bathing, pat any wounds dry with a clean, soft towel. If there is any redness, swelling or discharge from the wound(s), please contact your GP as soon as possible.

*Your stitches are dissolvable over 3-4 weeks, so they do not need to be removed unless instructed otherwise by your doctor.

*Please make an appointment in 5 days with the nurse at your GP's practice, for removal of stitches.

** Nursing staff to delete as appropriate*

- It is normal to experience some pain and discomfort after your operation and whilst any wounds are healing. You will also find some moderate bruising around the area. You may take your normal painkillers (such as Paracetamol or Ibuprofen) to help reduce the pain. It is important that you rest for 48 hours following the operation.
- You should allow two or three days off work. You may need to stay off work longer than this, depending on the healing process. If you require an initial sick certificate, please inform your nurse in the day unit.
- You should be able to gradually resume normal activities when you feel well enough. Avoid heavy lifting and frequent stretching in the first week or two but this will depend on the extent of your surgery. If in doubt, ask the nursing staff before leaving the unit.

- Results of biopsies are usually available at your post-operative clinic visit (follow up). In some cases, the results may be communicated to you in writing when a follow up appointment is deemed un-necessary. Post-operative clinic appointments are usually between 7-14 days following your surgery.

During the first 48 hours following your discharge If you have any further concerns about your gynaecological surgery, please telephone Sonning Ward on 0118 322 8204, where the staff will be happy to help you.

After 48 hours, please contact your GP or NHS 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

ADSU, October 2023

Next review due: October 2025