



**Royal Berkshire**  
NHS Foundation Trust

**Advice following  
gynaecological surgery  
Adult Day Surgery Unit**

## 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 either the Information Zone on level 1 near the Craven Road entrance of the Royal Berkshire Hospital or you can download a copy from the Trust website – [www.royalberkshire.nhs.uk/patient\\_information\\_leaflets.aspx](http://www.royalberkshire.nhs.uk/patient_information_leaflets.aspx)

## 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 24 hours following your discharge

If you have any further concerns about your gynaecological surgery, please telephone Sonning Ward on 0118 322 7181 (Emergency Clinic) or 0118 322 8204 (Ward).

ADSU: 0118 322 7622. Fax: 0118 322 8214.

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

## After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

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