

INSTRUCTIONS BEFORE AND AFTER INPATIENT SURGERY

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BEFORE SURGERY

The following medication will be required as part of your surgery. It is 'over-the-counter' medication that may be purchased at your nearest pharmacy:

- Normacol granules (a laxative to prevent constipation in the post-operative period)

PRE-SURGERY DIET

It is essential for the safety of your surgery that you adhere to the following low-residue diet.

PLEASE NOTE: if you do not adhere to this diet your surgery may be cancelled.

2 Days Before Surgery	Day Before Surgery	Day Before Surgery
No solids Full liquids (anything that can be poured) Milk products allowed Example: smoothies, milkshakes, pumpkin soup, tomato soup.	No solids Clear fluids (anything the sun can shine through) No milk products Example: water, clear fruit juices (apple blackcurrant). Clear stock soups, herbal teas. We recommend drinks such as Gatorade (sports drinks) to replace salts and sugars if you exercise.	If you are having morning surgery: have nothing to eat or drink from midnight (this includes water) unless instructed by your doctor. If you are having afternoon surgery: Do NOT eat any solids. Clear fluids such as Gatorade, tea, coffee and water are allowed until 6am only.

MEDICATION

Hormones to be continued.

Pain medications: Paracetamol and / or codeine preferred.

It is very important that you advise me if you are taking Aspirin or anti-inflammatory drugs.

Continue other medications (heart, diabetes), take with a small amount of water.

EXERCISE:

If you engage in strenuous exercise, please make sure to take adequate amounts of fluid.

TED stockings will be fitted pre-operatively and are to be worn for 10 days post-operatively.

No restriction of daily activities before your operation.

AFTER SURGERY

DIET

Gradually increase your fluid intake i.e. Water > clear fluids > full fluids / milk products

Intravenous drip will be discontinued if managing adequate fluids

Light diet (soup sandwiches) if desired

Gradually build up to normal diet

Small frequent meals rather than occasional big meals

MEDICATION

Pain medication will be provided via intravenous drip or injection initially. As requirement falls this will be changed to suppositories or tablets.

Medication for nausea is given at the given time of surgery; further injections can be administered if required.

Aspirin and Normacol granules will be commenced on Day 2 after your surgery.

Normacol – unless instructed otherwise, 1-2 heaped teaspoonfuls with copious fluids (without chewing or crushing) once or twice daily after main meal to ensure soft bowel motion.

Advice will be given regarding continuing hormonal treatment.

Restart other medication (heart, diabetes) on day of surgery or as soon as instructed.

Take home pain medication will be prescribed.

DIET

A high fibre diet with plenty of fluid should avoid the need for prolonged use of a laxative. Constipation and straining should be avoided at all times. If you do become constipated please call the WHRIA Clinic on 1300 722 206 or your GP.

VAGINAL BLEEDING

Some vaginal bleeding can be expected after surgery. It should be no heavier than a period and settle within 5-7 days.

EXERCISE

Day of Surgery:

- Do not cross legs in bed
- Wiggle feet and legs in bed, begin as soon as possible and continue

After surgery:

- Sit on side of bed initially
- Transfer to bedside chair
- Walk to bathroom
- Walk freely around the ward
- Progress be gradual, no exertion.

DISCHARGE FROM HOSPITAL

You will be discharged from hospital when the nursing staff considers that you are able to function on your own, which means:

- You are mobile
- You can eat and drink without nausea
- You empty your bladder properly
- You are comfortable, pain under control

Make sure:

- **YOU ARE ACCOMPANIED BY SOMEONE ON YOUR WAY HOME**
- Someone stays with you at least for the next few days
- You have access to pain medications in addition to your regular medications
- Arrangements are made to facilitate our movement around the house (going up and down several flights of stairs several times a day may be difficult).

PAIN MANAGEMENT

Take Panadol 1000mg morning and evening until your postoperative visit

Take prescribed pain medication (Tramadol, Voltaren, Digesicetc) liberally for the first few days (don't be a hero)

Heat packs and / or hot sitz baths are excellent way to manage pain.

GENERAL ADVICE

The following is general advice for a range of surgical procedures. Certain instructions may not apply to your individual case.

Following surgery:

- Short baths can be taken (10-15 minutes) immediately upon return home.
- Showers may be taken as soon as you are able to walk around.
- Wounds may get wet but should be dried thoroughly, use a hairdryer if necessary and leave Steristrips on wounds for 5 days.
- Sport: start gradually and build up (walking, swimming, jogging), no exertion, avoid high impact exercises for 1 week and stop if it hurts.
- Sexual intercourse can resume when vaginal bleeding/ discharge stops.
- Avoid standing for long periods
- Recommence driving when pain medication is no longer required (check with your insurance company regarding cover following surgery).
- Recovery from surgery is variable and may take several days or weeks
- Post operative visits: First visit 2-6 weeks, Second visit 3 months (if needed)

CONTACTS

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