

This instruction is intended for our patients who are in a care relationship. The Wellbeing Services County of South West Finland. Turku University Hospital.

After a gynaecological procedure

Operation (to be filled in):_____.

Recovery after surgery

Medical leave is prescribed to ensure you can recover and gather your strength. Being as active as your body allows, adequate sleep and diverse diet will improve your general physical wellness and speed up your recovery from the surgery. Avoid physically strenuous activities during your medical leave. You can gradually return to your normal activity levels as you are able after your medical leave has ended. You can drive a car when you feel comfortable and safe to do so. You must use the supportive stockings you received from the ward daily until your activity level has returned to the level it was before the surgery. The stockings are important because using them lowers the risk of developing blood clots.

Follow-up care

Samples were possibly taken for pathological examination during your surgery. If the samples indicate something requiring follow-up treatment, you will be contacted within 2 weeks. When all the sample analyses are complete, your patient record and sample results become viewable at My Kanta pages ([www.kanta](http://www.kanta.fi/english/estonia/russian) /english/estonia/russian) if you have given your consent for using the service. If you want that we send your patient record to your home, your professional healthcare service or to a private practitioner, let your nurse know.

Pain management

After you are discharged, the operating area can still feel sore. Usually over the counter pain medication is enough to manage the pain. It is best to take them regularly in the beginning, because they also lessen the swelling around the surgical wound.

Postoperative bleeding and hygiene

If you underwent a hysterectomy or prolapse surgery that was performed vaginally, postoperative bleeding from the vagina is normal and lasts for 1 to 4 weeks. Postoperative bleeding after a laparoscopic surgery lasts for a shorter period of time. Vaginal stitches are absorbable.

It is not recommended to engage in intercourse, use tampons or menstrual cups, bath in a bathtub or swim during postoperative bleeding to ensure that the surgical wounds in the vagina heal properly and to avoid infections. If you had a vaginal hysterectomy, the wound in the vagina requires a longer, 6 weeks long recovery time. Intercourse is not recommended during this time.

Shower is the best way to get clean. Keep wound coverings on for the first few days if you have them. Wound coverings should be removed on the third morning after the operation at the latest. After that, you can wash the wound gently using lukewarm water as needed. Dry the area around the wound by patting the area with a clean towel. You can use the sauna one week after the surgery.

Bowel function

Diverse diet and drinking enough fluids are recommended to promote normal bowel function. If necessary, you can use plums, bran and over the counter stool softeners, available from pharmacies.

Personalized instructions

Stiches are reabsorbing or the stiches/staples must be removed, removal date (to be filled in):
_____.

Postoperative check-up and possible follow-up treatment is planned on an individual basis.

After hysterectomy, we recommend that you undergo mass screening pap smears.

Problems

Contact the hospital where your operation was performed if you experience any of the following problems during your medical leave:

- increasing pain, or the nature of the pain changes
- heavy bloody or foul-smelling vaginal discharge
- the surgical wound or the area around it becomes sore, red, swollen, or hard
- the wound is leaking blood-streaked fluid or puss
- your body temperature reaches over 37,5 degrees repeatedly
- problems with bowel function, diarrhea or vomiting
- problems with urinating (difficulty to pass urine, urge to urinate becomes more frequent, burning sensation when urinating)