

Gynecological laparotomy

A laparotomy is usually performed due to tumors in the uterus.

Recovery

Refrain from strenuous physical exertion and heavy household chores for four weeks after the procedure. To improve general postoperative health, it is recommendable to spend time outdoors, rest and maintain a varied diet. To promote bowel function, a diet rich in fiber is recommended. If necessary, use of prunes, bran and temporary use of laxatives is also recommended. Good mobilization after the procedure also promotes good bowel function.

After the sick leave period you can gradually return to your previous exercise regime. It is advisable to avoid more strenuous exercise such as gymnastics, training at the gym and running for 6 weeks. It is important to follow any individual restrictions given by your physician.

If your uterus has been removed some sparse bleeding may occur 4–5 weeks after the procedure. To avoid infection, do an intimate wash daily and change pads regularly. You are to refrain from swimming and bathing during any possible post-operative bleeding. Intercourse is not allowed until 4–5 weeks after the procedure, in order to ensure proper healing of the vaginal wound.

Wound care

The wound in the abdominal wall is closed with resorbing or non-resorbing sutures. You will be informed about the type of sutures used before being discharged. If you have non-resorbing sutures, these will be removed at your local health care center. A possible vaginal wound is always closed with a resorbing suture.

Keep the wounds covered with wound tape for 4 days. To reduce the risk of infection it is important to shower the wound daily and to avoid swimming, bathing and going to the sauna for two weeks after the procedure.

Painmedication

When being discharged, you will be prescribed suitable pain medication and it is advisable to use these when needed. The most commonly used medications are paracetamol and an anti-inflammatory drug.

Follow up

Routine follow-up examinations are not customary. If a follow-up examination is considered necessary, this will be arranged separately.

The length of sick leave is approximately 4 weeks.

Please do not hesitate to contact us if you have severe abdominal pain, a fever, heavy bleeding or smelly discharge.

Contact information

Gynecological outpatient clinic, weekdays, between 14.00 and 15.00, telephone 06 213 2012

Gynecological ward, other times, telephone 06 213 2072

Vaasa Hospital District • www.vaasankeskussairaala.fi/en • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.