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## Minor gynaecological day surgery procedure

### What is day surgery used to treat?

Procedures that can be carried out as minor day surgery procedures include removing abnormal areas from the outer genitalia or the cervix, removing an intrauterine myoma (a benign muscular tumor), dilation and curettage or draining or removing the Bartholin's gland.

A nurse will **call you** 1 to 2 weeks before your surgery to ask how you are feeling, and **will go over the preparations with you**.

### How the treatment progresses

The surgery is usually performed **under local** or **general anesthesia**, when the pain and anesthetic medication is given intravenously. The procedure is carried out in an operating room and it can last anywhere from a few minutes to half an hour.

### Before the procedure

Arrive to the hospital on the day of the procedure. You must **fast for 6 hours and not drink anything for 2 hours** before you arrive to the hospital. Before the 2 hours, you can drink 2 to 4 deciliters of **clear** (transparent), noncarbonated drinks. Water, tea or coffee **without milk**, and clear juice **with no pulp** are allowed.

We recommend that you use a ProvideXtra® (200ml) or a PreOp® (200ml) supplemental nutrition drink in place of other drinks. **Do not use any other supplemental nutrition drinks.**

However, you can take your prescribed medication with a small amount of water even during the 2 hours when you are not supposed to eat or drink anything.

Remove all jewelry, including piercings, before arriving for the procedure.

If **laboratory tests** are required beforehand, a referral has been included with your appointment letter, as well as instructions for the laboratory tests and how to make an appointment at the laboratory. You should visit your municipal health center's laboratory **about a week before your procedure**.

### Premedication

If possible, take **800 mg of ibuprofen and 1 g of paracetamol** with a sip of water as premedication before arriving to the hospital.

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The medication alleviates pain and lessens the uterine contractions. Contact the outpatient surgery unit if you are over 70 years of age or if the medication is not suitable for you. If necessary, you can also receive the abovementioned pain medication at the hospital.

### **After the procedure at the hospital**

The procedure requires a short observation period at the hospital after the operation. After the procedure you can feel slight pain, and you can receive medication as needed. You can be discharged from the hospital when you can be on your feet, when you can urinate and when you do not experience significant pain or nausea anymore.

For your own safety, **after anesthesia you must have someone who can escort you home and be with you until the morning after the procedure.** Driving and drinking alcohol is strictly prohibited for the first 24 hours after anesthesia. Your body metabolizes anesthetics slowly, and the medications can have dangerous interactions with alcohol.

If you are unable to arrange someone to escort you home after the operation, contact the hospital before the procedure!

### **Home care instructions**

- **After the removal of abnormal areas from the outer genitalia and the drainage/removal of the Bartholin's gland**, spray the operation area with water every time you use the toilet. Exposing the wound to air will help it heal faster. Avoid sitting in the beginning. The absorbable suture will dissolve in 2 to 3 weeks.
- After a **loop electrosurgical excision procedure**, it is common to experience bloody discharge, which will later become brown in color. The area where the procedure was performed will develop **a scab, which will fall off in about 1 to 2 weeks after the procedure**, and you can experience heavier bleeding when this happens. Due to a risk of infection and bleeding, avoid swimming, sitz baths and bathing in a bathtub, intercourse and using tampons or menstrual cup until your next period.
- Postoperative bleeding **after a uterine procedure** differs from person to person. Due to a risk of infection, avoid intercourse, using tampons or menstrual cup, swimming, and bathing in a bathtub during postoperative bleeding.

At home, you can manage pain by using over the counter pain medication, or according to the doctor's instructions.

**Depending on the procedure, you will receive 1 to 2 weeks of sick leave.** There is usually no need for a routine follow-up appointment. If necessary, a follow-up appointment time and place is arranged with you on a case-by-case basis.

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## **Possible problems**

If you develop heavy or foul smelling vaginal bleeding, lower abdominal pain or increased temperature, reddening around the wound area, pus-like discharge, or fever, contact the unit where your procedure was performed.