

Open gynecological surgery

You have been scheduled for an open gynecological surgery. This means that the surgery is performed through the abdomen. An open surgery is performed if other surgical methods (laparoscopy or vaginal surgery) are not an option for technical reasons.

Preparing for the surgery

Preparing for the surgery starts at home. For more information, you can read [Preparing for a gynaecological surgical procedure](#). **Arrive to the hospital according to the instructions detailed in your admission letter on the day of the surgery or the day before the surgery.** You will meet the doctor who will perform your operation at the ward before the operation starts.

The operation is performed under general anesthesia. Usually, before the procedure, an epidural catheter is placed on your back for pain management. The surgical incision is made either horizontally above the pubic bone, or laterally, starting from the bellybutton. The incision is usually closed using surgical staples. During the operation, a urinary catheter, or sometimes a surgical drain, which is a plastic tube to remove fluid from the surgical area, can be placed.

After the operation at the hospital

In the beginning, you are monitored at the surgery unit's recovery room after the operation for a few hours. Adequate pain management and anti-nausea medication is always a part of any surgical procedure, and it continues at the recovery room and at the inpatient ward.

Getting up on the day of the surgery promotes recovery and the return of normal bowel functions, and it decreases the risk of developing blood clots. You should move around according to your own strength, but remember to rest as well.

Discharge from the hospital and at home after the surgery

If you are recovering well, you can be discharged 3 to 5 days after the surgery, depending on how extensive your operation was. An appointment for removing the surgical staples or stitches is scheduled separately.

Medical leave is usually prescribed for 4 to 5 weeks, depending on the procedure.

You will receive individual instructions on postoperative care at home, as well as written instructions: [After a gynaecological procedure](#) or [After a gynaecological cancer surgery](#) (<https://hoito-ohjeet.fi>).