

Recovery after minor gynaecological surgery

Women's Services

Information for Patients

Produced: March 2021

Review: April 2023

Leaflet number: 923 Version: 2.1

Introduction

This information should give you some guidance about what to expect after having minor surgery.

You should make sure that another adult is with you overnight and you should not drive for at least 24 hours - longer if you feel you would not be safely able to perform an emergency stop.

Vaginal loss

If you have your operation through your vagina it is quite normal to have a discharge for 4 to 6 weeks after your operation. It will vary in colour from red to brown. You **must not** use a tampon during this time. Contact your GP if your vaginal discharge smells bad. This could be a sign of infection. Please contact us if your bleeding is soaking a super sized pad every 1 to 2 hours or with clots larger than a 10 pence coin. Do not use vaginal douche or cleaning products.

Tummy wounds (for example after keyhole or laparoscopic surgery)

Your wounds will be slightly red and uncomfortable during the first 1 to 2 weeks. Itching around the wound is also normal. Please inform your GP (or call the ward) if your wound becomes hot, painful, swollen or starts to leak fluid. Don't use scented or perfumed products whilst your wound is healing.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Pain

Take your pain tablets regularly at home. You will be doing a lot more activity than when you were in hospital. You should be able to reduce the number of pain tablets over the next 2 or 3 days.

Lifestyle

- Eat healthy food and drink plenty of fluids.
- Walk around regularly; do not stay in bed when you are at home.
- Don't have sex or use tampons or go swimming for at least 2 weeks, or until the bleeding stops – whichever is longer. This is to reduce the risk of infection.
- Don't drink alcohol until 24 hours after surgery and whilst taking pain killers.
- Your next period may be delayed but should arrive within 6 weeks unless you no longer have your womb or have gone through the menopause.
- You should not drive immediately after any operation. You should be able to safely and comfortably perform an emergency stop. Usually this will be between 1 to 2 weeks for most minor operations. You should check with your insurance company before your drive.

Work

Depending on the type of surgery you have had, you should be able to return to work between 48 hours and 4 weeks after your minor surgery. Your nurse or doctor can talk to you about this before you go home.

Contact details

Leicester General Hospital - Ward 31 (24 hour service):	0116 258 4843
Leicester General Hospital - Ward 11 (Monday to Friday only):	0116 258 4106
Leicester Royal Infirmary - Gynaecology Assessment Unit (24 hour service):	0116 258 6259
Hinckley and District Hospital:	01455 441845
Loughborough Hospital:	01509 564406
Melton Mowbray Hospital:	01664 854904
NHS non-emergency helpline:	111

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk