



Mercy Health
Care first

Your important health information

Following your Abdominal Hysterectomy

You must have someone to take you home.

You have had an anaesthetic so for the next 24 hours you should not:

- drive a motor vehicle until advised by your doctor
- go to work/school
- be sole carer for another person/or alone
- drink alcohol
- make major decisions or sign legal documents
- operate machinery & engage in sports.

You may:

- feel sick or vomit
- have a sore throat
- feel sleepy
- have muscle aches and pains
- feel sore and/or bruise where the needle was put into your arm.

At home:

- It is normal to feel sore for several weeks after surgery
- Make sure you rest and allow healing after surgery. You may gradually go back to your normal activities
- Do not lift anything heavy for up to 6 weeks. This includes shopping bags, washing basket, children and anything more than 5 kg.
- Do not have sexual intercourse until advised by your doctor at the follow up appointment
- Do not play sport, exercise or do heavy housework for 6 weeks. Early mobilisation is recommended. Start gently and gradually increase your speed and distance.
- Do not drive until you are no longer taking strong pain medication or as directed by your doctor
- Any stitches will take up to 4-6 weeks to dissolve
- You may have some vaginal loss and will need to use a pad.
- Avoid pools, spas and baths until after your follow up appointment with your doctor. Showering is best
- When showering gently pat dry your abdominal wound
- You will have a waterproof dressing on your abdomen. This may be removed after 7 days. Any adhesive strips (steri-strips) put onto your wound will fall off in 7-10 days.

- Ensure your bowels are regular. Bowel motions must be soft and easy to pass. Do not strain. You can take stool softeners such as Coloxyl or Movicol if needed. You can buy these over the counter from the chemist (no prescription required).
- Drink 6-8 cups of fluid each day. Water is best.
- Eat a high fibre diet that includes fruit and vegetables
- Continue to wear your white compression (anti-embolism) stockings until you are fully active
- Ensure you do your after abdominal surgery exercises as instructed by the nurse or physiotherapist

Pain Relief:

- You will be given a script for pain relief. Follow on how to take pain relief as instructed by your doctor or pharmacist.
- For pain relief you last had: _____ at _____ am/ pm.

Seek medical advice if you:

- Have a fever, chills or a temperature greater than 38 degrees Celsius
- Have chest pain or shortness of breath.
- Can't stop vomiting
- Have increased pain and it is not relieved by the pain tablets
- Redness, swelling, bleeding or other fluid from your wound (signs of infection)

If you have any concerns or problems when at home contact one of the following:

- Your general practitioner (GP)
- Nearest emergency department
- Surgical Ward
 - Contact 03 8754 3481 for advice only.

Follow up Appointment with your doctor

- You will have a follow up appointment with your doctor approximately 1 week after your surgery. Your doctor will discuss your results AND wound check at the same time.
- Your doctor will advise you of any further follow up required

Further Information

If you have any questions regarding this information, please contact:

Werribee Mercy Hospital

Surgical ward
Phone: 03 8754 3481

Acknowledgements

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