



What do you need to know about Hysterectomy ?



What is Hysterectomy?

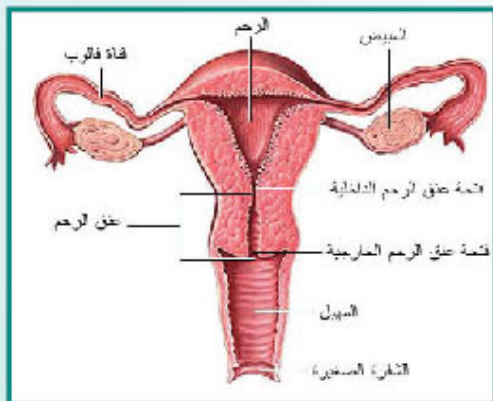
A hysterectomy is surgery to take out a woman's uterus, the organ in a woman's belly where a baby grows during pregnancy. After a hysterectomy, you will not be able to get pregnant. Other organs might also be removed. These organs include the cervix (the lower part of the uterus that opens into the vagina), the ovaries (glands on both sides of the uterus that release eggs for pregnancy), and the fallopian tubes (the passageway between the uterus and the ovaries). Different hysterectomy procedures (how the uterus is removed) include;

1. Abdominal hysterectomy
2. Vaginal hysterectomy
3. Laparoscopic ally assisted vaginal hysterectomy (LAVH)
4. Laparoscopic supracervical hysterectomy (LSH)
5. Total laparoscopic hysterectomy (TLH)

What to do after being discharged home?

How to Move around?

- Avoid lifting more than 8kg during the first 4 to 6 weeks after surgery. For the same reason, this is also an important time to avoid vaginal intercourse
- Complete recovery usually takes 4 to 8 weeks



What medications to be taken and how?

- Take the medications as prescribed by your doctor

How to manage pain?

- Your doctor may prescribe pain medicine to use at home. Take your medicine as prescribed
- Do frequent sitz baths to relieve pain

How to manage wound/ incision/ dressing?

- Keep the outer dressing clean and dry

When to call the doctor?

After a hysterectomy, call your doctor or go to the emergency room if:

- You have bright red vaginal bleeding that soaks one or more pads in an hour, or you have large clots
- You have foul-smelling discharge from your vagina
- You are sick to your stomach or cannot keep fluids down
- You have signs of infection, such as:
 - Increased pain, swelling, warmth, or redness
 - Red streaks leading from the incision
 - Pus draining from the incision
 - A fever
- You have pain that does not get better after you take pain medicine
- You have loose stitches, or your incision comes open
- You have trouble passing urine or stool, especially if you have pain or swelling in your lower belly
- You have hot flashes, sweating, flushing, or a fast or pounding heartbeat

Follow-up appointment

Keep your follow-up appointments with your doctor. It is important for your doctor to monitor your progress.

For a follow-up appointment:

Date:.....

Doctor's Name:.....

Telephone: 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

Website: <http://www.sih-kw.com>

Special Instructions

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If you have any questions or concerns, call your doctor or nurse.

