

Advice after discharge for women who have had a hysterectomy with keyhole surgery/laparoscopy-assisted vaginal hysterectomy

You have had a hysterectomy through keyhole surgery (laparoscopy).

Stitches

- You have stitches that need to be removed on day 5–6 by the district nurse.
- You have stitches that will disappear on their own within a few weeks. If the ends of the threads irritate you, you can cut them off after about one week.

Remove the dressing on the area seven days after the operation.

Bleeding

Bleeding without pain may occur after the operation. Since the uterus is removed, your periods will stop. There may be some spotting just after the operation.

Sex and your relationship

Your ability to have sex in the future will not be changed by the operation. Since the entire uterus has been removed, you should wait 4–6 weeks before having intercourse for the scar to heal in the upper vagina.

Diet

Eat as usual. If you have signs of constipation, we recommend prunes, linseeds and bran. Remember to drink plenty of liquids.

Light physical activity

You can go for walks and be outdoors as soon as you leave hospital.

More demanding physical activity

You can do exercises, dancing, gymnastics and running 1-2 weeks after the operation.

Heavy lifting

No restrictions.

Baths and showers

Showers are fine at any time. Avoid having a bath or swimming, indoors or outdoors, for 10-14 days since the uterus has been removed.

Always contact the hospital if you have a high temperature, more bleeding or an increase in pain!

An operation always involves small risks of infection, bleeding, blood clots or injury to organs. **That is why you must always contact us at the hospital if you have a high temperature, more bleeding or an increase in pain**, because these could be symptoms of a complication. You will find our phone number in the box below.

During weekdays call:

SkaS gynaecology clinic, counselling midwife, phone 010-473 92 20

Monday–Thursday: 07.00-14.20

Friday: 07.00-11.50

At other times call:

Healthcare information, phone 1177

Best regards
The Women's Clinic, Skaraborg Hospital