

Advice after discharge for women who have had a hysterectomy via the vagina/vaginal hysterectomy

You have had a hysterectomy via the vagina (vaginal hysterectomy).

<i>Bleeding</i>	Bleeding without pain may occur after the operation. Unexpected bleeding may occur several weeks after your discharge from hospital. Since the uterus is removed, your periods will stop. There may be some spotting just after the operation.
<i>Sex and your relationship</i>	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.
<i>Diet</i>	Eat as usual. If you have signs of constipation, we recommend prunes, linseeds and bran. Remember to drink plenty and possibly take medicine to regulate your intestine.
<i>Light physical activity</i>	You can go for walks and be outdoors as soon as you leave hospital.
<i>More demanding physical activity</i>	You can do exercises, dancing, gymnastics and running 4 weeks after the operation.
<i>Heavy lifting</i>	You should avoid any heavy lifting for 4 weeks!
<i>Baths and showers</i>	Showers are fine at any time. Avoid having a bath or swimming, indoors or outdoors, for 10-14 days.

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