



Instruction for preparing for a gynaecological operation/procedure and subsequent home care

Kuvaus: Preparation instructions for surgical patients / home care instructions

Preparing for the surgery at home:

- Ibuprofein (Burana®, Ibumetin®, Ibusin®, Ibusal®, Ibutabs®) discontinued 3 days before the operation
- The use of products containing Omega-3, Saint John's wort, garlic essence, ginseng or ginkgo must be discontinued 2 weeks before the surgery.
- Local oestrogen therapy (Vagifem®, Pausanol®, Ovestin®, Estring®) must be continued until the surgery if you are using such a product.
- The use of a cube pessary or vaginal ring must be discontinued one week before the surgery.
- The surgery may not be performed in case of **a sudden infection**. If you get suddenly ill, please contact the Women's Inpatient Ward, tel. +358 44 717 4380, or the secretary for care planning during office hours, tel. +358 44 717 9044.

You will be telephoned about the time for hospital admission on the day before the surgery. If you come to the ward on the day before the surgery, you will be separately notified of the time.

Postoperative monitoring at the hospital

After the surgery, you will first be in a recovery room, after which your treatment will continue at an inpatient ward. Some patients may be discharged straight from the recovery room on the day of surgery or the following day. Good pain management will help you recover and get back on your feet as soon as possible after the surgery.

Surgical wound

In the first days after the surgery, you are advised to clean the incision in the shower daily. Dry the wound carefully. You will be given instructions on the removal of stitches or surgical staples.

Postoperative bleeding and cleanliness

After the surgery, you may experience bloody or blood-tinged discharge for several weeks. You are advised to wash your genitals and anal area every morning and evening. You may use the sauna. You should avoid sexual intercourse as long as you experience postoperative bleeding. You should also avoid swimming, baths and using a tampon during postoperative bleeding.

Bowel movements

Drinking a lot of fluid promotes bowel movements. You may temporarily use prescription-free stool softeners available at a pharmacy for constipation.

Physical activity

Light physical activity promotes blood circulation in the surgical area and speeds up the recovery process. Avoid physically demanding labour and straining yourself during your sickness leave.

If you experience **heavy bloody discharge, the discharge starts smelling, pains in the lower abdomen or fever** after the surgery, please contact the KUH Women's Inpatient Ward, tel. +358 17 172364 or Women's Inpatient Ward, tel. +358 44 717 4380. During office hours, you may also contact the person in charge of planning your treatment.

Laskutusosoite

POHJOIS-SAVON
SAIRAANHOITOPPIIRIN KY
PL 900
70029 KYS

Posti- ja käyntiosoite

PUIJON SAIRAALA
KAARISAIRAALA
PL 100
70029 KYS
Puijonlaaksontie 2
Kuopio

SÄDESAIRAALA
PL 100
70029 KYS
Kelkkailijantie 7
Kuopio

ALAVAN SAIRAALA
PL 200
70029 KYS
Kaartokatu 9
Kuopio

JULKULAN SAIRAALA
PL 300
70029 KYS
Puijonsarventie 60
Kuopio

KUOPION
PSYKIATRIAN KESKUS
PL 400
70029 KYS
Viestikatu 1-3
Kuopio

Vaihde (017) 173 311
etunimi.sukunimi@kuh.fi
Y-tunnus 0171495-3



Treatment planner Kati Huttunen tel. +358 44 717 9339, Tue–Fri at 12–14, Women's Outpatient Clinic

Treatment planner Kaisa Poutiainen tel. +358 44 717 9392 Mon–Fri at 12–13, Women's Inpatient Ward

**It is vital that you follow the instructions to make sure that the surgery is successful!
Welcome!**

If you are discharged on the day of the surgery, you should know that the effect of the medication you are administered in the operation may last up to 24 hours. You may experience fatigue and light-headedness. You are advised against driving and alcohol use during the first 24 hours after the surgery.

After this, the anaesthesia will no longer prevent you from acting and moving freely. However, you should take into account possible limitations caused by the procedure.

Pain management

During your hospitalisation, you have been administered the following pain medication today:

During your first evening and night after the surgery, you may take the following medications at home:

Beginning in the following day, take pain medication as prescribed.

You need to book an appointment with your nurse for **removing surgical staples**.

Removing surgical staples: ____ / ____

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