

After your gynaecological procedure

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

This leaflet will give you some general advice for after your procedure. If you have any questions about any aspect of your care, please speak to one of the nursing staff.

What will I feel like afterwards?

The procedure is carried out under a general anaesthetic. You may have some period-type pain but we will give you painkillers when you need them. You can also expect some vaginal bleeding.

What shall I do when I get home?

- Allow yourself 24 hours to get over the effects of the anaesthetic. Avoid driving during this time as your reactions will be slower due to the effect from the anaesthetic.
- Do not bath or shower for 24 hours after your procedure due to the effects of the anaesthetic.
- You may feel tired, tearful and emotionally upset after the procedure. If this continues, you may wish to talk to your GP.
- You may have cramping pain for a few days. If you need to, take paracetamol or a similar painkiller.
- Any vaginal bleeding will darken and gradually stop over the next week or so. To avoid infection, it is important to use sanitary towels, **not** tampons, until the bleeding stops
- You may resume sexual intercourse when any bleeding has stopped. You may wish to discuss contraception with your doctor or at a family planning clinic as your cycle may be unpredictable for a few months.
 - There are numerous contraceptive options, such as the injection, implant, coil, combined and progestogen-only pill, contraceptive patch, male and female condoms, diaphragm/cap, natural family planning, and sterilisation.
 - Your nurse will be able to provide you with written information on all the options available to you, and point you towards family planning clinics if you do not feel comfortable discussing this with your GP.

- It is also important to remember that most methods of contraception do not protect you from sexually-transmitted infections. Male and female condoms, when used consistently and correctly, can help protect you.

What if I have any problems?

If you have increased pain, offensive discharge, a raised temperature or prolonged, heavy bleeding, you should contact your GP for advice.

If you feel tearful or depressed and these feelings do not ease at all over the next few weeks, you may like to talk to your GP or contact Petter Ward on 01271 322722 and ask about counselling services.

Further information

If you have any questions or concerns, please ask. Remember we are here to help.

We wish you well in your recovery.

In the interests of confidentiality, we do not share information about treatment with relatives unless we have your express permission.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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