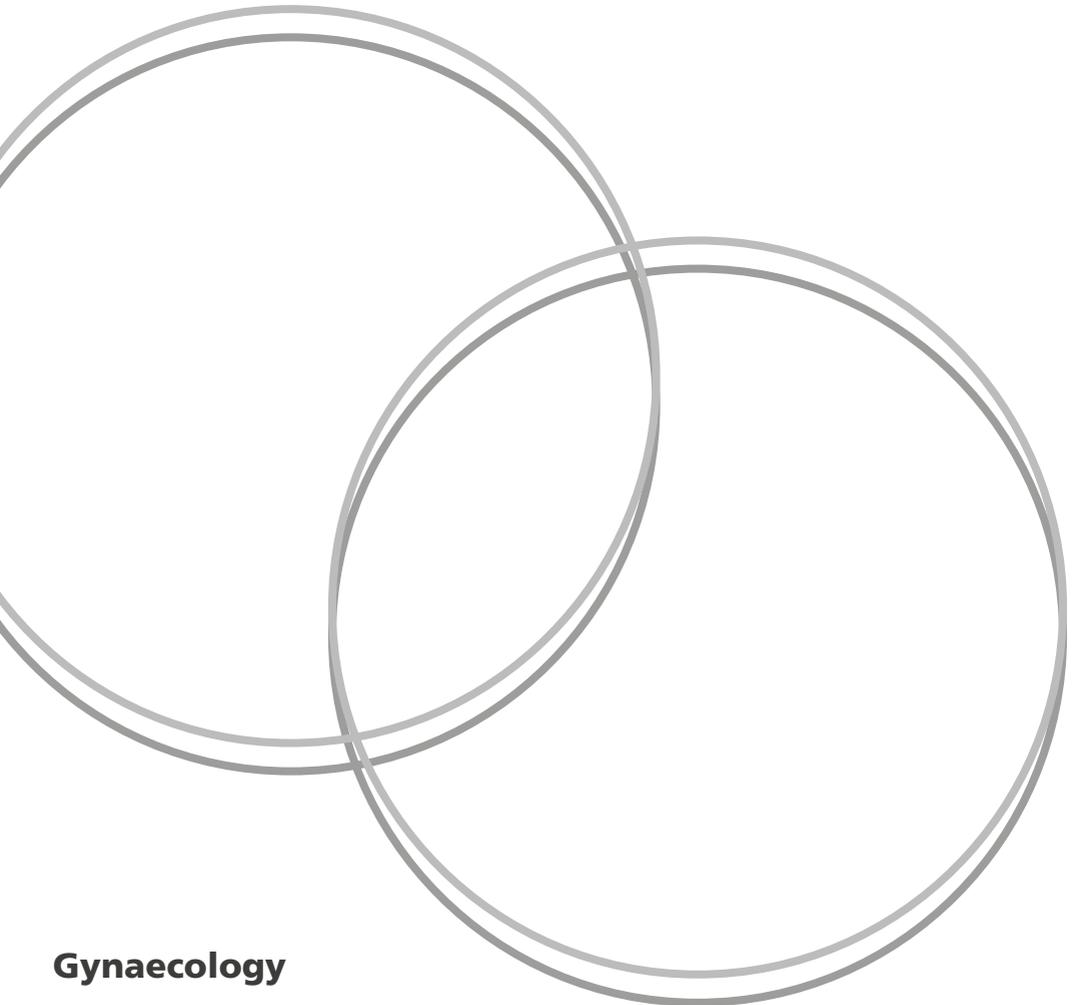


Gynaecology – Information and Advice After a Surgical Procedure Under General Anaesthetic



This advice is intended as a general guide. Everyone is different. You may also receive additional information which is more specific to you, to aid your recovery.

For up to 48 hours after your anaesthetic, you must follow the information contained in this leaflet. This is due to your reduced reflexes, reasoning and co-ordination skills which may be impaired despite you feeling well as a result of the general anaesthetic.

For 24 hours after your operation:

- Arrange to have someone with you for the first night following your operation.
- Do not lock the bathroom door, or make yourself inaccessible to the person looking after you.
- Do not operate machinery or appliances i.e. a cooker, kettle.
- Eat a balanced diet. Drink plenty of fluids to avoid constipation. By eating a healthy diet you will help to improve the healing process.
- Do not make any important decisions or sign legal/important documents.
- Do not take any medication to help you sleep as this could interact with the anaesthetic already in your body.
- Please consider if you need help to look after any children or pets that you may have.
- Please take regular pain relief (e.g. Paracetamol, Ibuprofen) if required.

Driving

The DVLA states that you must not drive a car or any other vehicle, including bicycles, for 48 hours after your general anaesthetic. After this time you need to think about whether your pain or wounds may affect your ability to drive safely. We suggest that you get into your car while it is still parked to see whether it is comfortable. One way to tell if you will be able to drive safely is if you are able to perform an emergency stop comfortably and quickly. We also advise checking with your insurance agency that you are adequately insured to start driving again.

General signs to look out for:

Please contact if you have any problems overnight or in the next 72 hours, such as:

- New/fresh or increased bleeding.
- Any offensive smelling or discoloured discharge.
- Severe pain not controlled with pain relief medication.
- Nausea or vomiting that prevents you from keeping fluid down.
- Signs of an infection such as: feeling feverish or unwell, any severe pain or concerns with your operation site.
- Signs of a DVT such as; pain, redness or swelling in your legs, or shortness of breath.

We are always happy to discuss any concerns you have with you over the phone. Please be aware that we may direct you to the most appropriate service, which could be, your GP, Emergency Department, an outpatient clinic or assessment unit after 72 hours after discharge.

Many patients will not require a follow-up appointment but if follow-up is recommended by your surgical team, an appointment will be sent to your home address. If you are expecting a follow-up appointment and you have not received a letter in the post, please contact the ward on the numbers provided.

How to contact us

Concerns in the first 72 hours after discharge

Gynaecology Ward

Level 1, Women's Centre, John Radcliffe Hospital, Oxford, OX3 9DU

Telephone: **01865 222 001** or **01865 222 002**

(24 hours a day, 7 days a week)

Horton Gynaecology Unit

Horton General Hospital, Oxford Road, Banbury, OX19 9AL

Telephone: **01295 229 088** or **01295 229 090**

(Monday to Friday 9am to 5pm)

If you have any concerns after 72 hours please contact your own GP or out of hours service, including NHS 111.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Authors: Holly Attle, Ward Sister
and Danielle Kyle, Patient Information Area Contact
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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

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