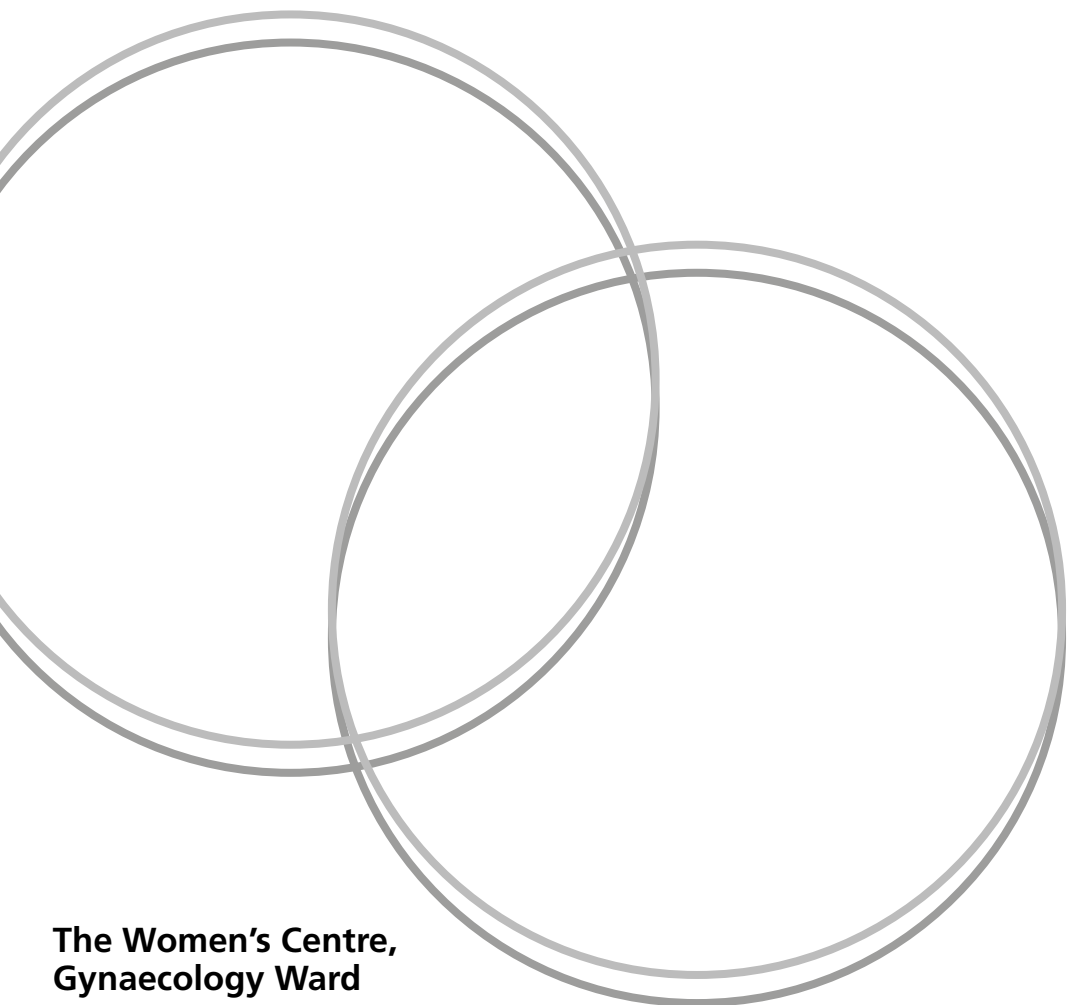




Oxford University Hospitals  
NHS Foundation Trust

# **Gynaecology– Information and advice after a surgical procedure under general anaesthetic**



**The Women's Centre,  
Gynaecology Ward**

**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 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.
- Be aware of using social media over the next 24 hours, as you may not be fully aware of what you are posting
- 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.
- 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 pain or swelling at operation site, offensive discharge.
- Signs of a DVT such as; pain or swelling in your legs, 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

Tel: **01865 222001** or **01865 222002**

(24 hours a day, 7 days a week)

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

## Further Information

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

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Contact

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