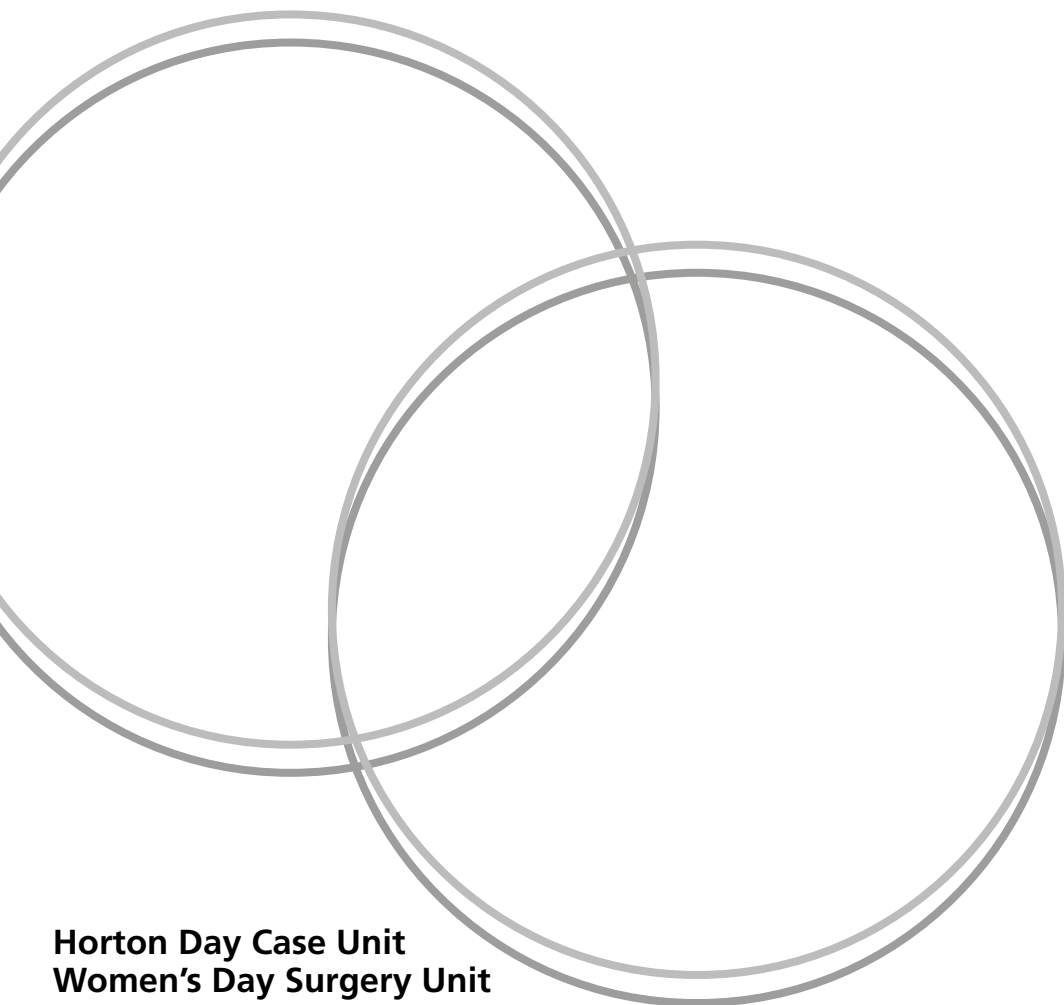


Information and advice after a gynaecological laparoscopic procedure under general anaesthetic



Horton Day Case Unit
Women's Day Surgery Unit

Driving

Anaesthetic drugs remain the body for up to 48 hours and gradually wear off over this time. After your anaesthetic, while you still have the drugs in your body, it is important that you **do not drive a car or any other vehicle, or a bicycle, for 48 hours after your anaesthetic.**

After this time you need to consider whether your wound or any pain may prevent you from driving. An indication of whether you are able to drive safely is if you are able to perform an emergency stop comfortably. We suggest that you get into your car and while it is parked see if you can perform an emergency stop. When we discharge you we will give you specific instructions relating to driving after the type of surgery you have had.

The next 24 hours

- **do not be left on your own**
- Do not operate machinery or appliances – e.g. cooker, kettle
- Do not lock yourself in the bathroom or toilet, or make yourself inaccessible to the person looking after you
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods
- Avoid alcohol
- Arrange some time off work and avoid strenuous exercise
- Do not make any important decisions or sign any legal or other important documents.

Signs to look out for after laparoscopic surgery

It is natural to experience some degree of tummy pains following this procedure, if within the first 72 hours of your operation:

- the pain becomes increasingly severe
- you experience worsening nausea or vomiting
- you have any problems passing urine (such as pain or difficulty)

please phone the

Women's Day Surgery Unit at the Horton

Monday - Friday 9am-5pm

Tel: **01295 229088** or

The Gynaecology Ward, John Radcliffe

Contact out of hours

Tel: **01865 222 001** or **01865 222 002**

After 72 hours, contact your GP.

Wound Care Information

Any incisions that have been made are usually stitched (sutured) with dissolvable stitches or glued with skin glue. You may also find that a small piece of surgical tape (called steri-strips) has been placed directly over the incision. On top of this will be a larger white dressing. A small amount of bleeding into this dressing is normal.

Please avoid getting the wounds wet for approximately 48 hours. After this time you may bath or shower – which ever feels more comfortable for you. Please do not use any products such as bubble bath / oils in the water and avoid using soap in the immediate area. When you are dry please replace the white dressings – your discharging nurse will send you home with a small supply. Please leave the steri-strips until they fall off by themselves.

The stitches will take a few weeks to dissolve completely.

If non dissolvable stitches have been used you will need to make an appointment with your practice nurse at your GP surgery to have them removed. Your discharging nurse will advise you if this is the case.

Suture removal not needed / needed in days.

If you notice any signs of infection – high temperature, redness / swelling or a general feeling of being unwell, please contact your GP.

Follow-up

A follow up appointment is not always needed. Results may be posted to you and also to your GP. If you wish your GP could check the results for you.

If the Consultant needs to see you again you will receive an appointment letter in the post.

Follow up appointment not needed / needed

in weeks / days.

Pain relief at home – a guide to your painkillers and how to take them

It is natural to experience some degree of tummy pain after this type of procedure. You may also experience some discomfort in your shoulder or sternum (breast bone). This is because of the gas used in your tummy during your operation. This type of pain usually disappears after a few hours.

You may have been given more than one type of painkiller to take home with you. This is because each type of painkiller works in a different way to help relieve your pain. The types of painkiller are:

- paracetamol
- an anti-inflammatory, for example, diclofenac or ibuprofen
- a morphine based painkiller, for example, codeine phosphate, tramadol.

It is safe to take the different types of painkiller together or at different times of the day. The following section will help you choose which painkiller to take according to the severity of the pain.

Mild Pain

Take your paracetamol regularly as prescribed on the prescription label. Do not take more than 8 tablets in 24 hours.

Moderate pain

Take your paracetamol regularly and also your anti-inflammatory painkiller as described on the prescription label.

If you have not been prescribed an anti-inflammatory painkiller, take your morphine based painkiller as described on the prescription label and also take your paracetamol.

You may find that you only need to take the morphine based painkiller once or twice during the day.

Severe pain

Take all your painkillers on a regular basis as described on the prescription labels. It may be of benefit to take your paracetamol and morphine based ones together and to take the anti-inflammatory ones 2-3 hours later.

The morphine based painkiller may cause constipation. If this happens, drink plenty of fluids and increase your intake of dietary fibre.

It is advisable to take only one 30mg of codeine initially. If the pain ceases then you need take no further codeine, but if the pain persists a further 30mg of codeine may be taken.

How long will I need to take my pain killers?

As healing occurs you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than a few days or is not relieved by your painkillers, you should contact your GP.

Never give prescribed tablets to other people as they may not be safe for them to take. Any left over painkillers should be taken to your local pharmacy for safe disposal.

Keep all medicines out of the reach of children.

Pain relief

Next due at

Paracetamol

.....

Ibuprofen / Diclofenac (take with food)

.....

Codeine / Tramadol

.....

Let us know your views

We would like to hear your comments or suggestions.

Please contact us at horton.daycase@orh.nhs.uk

Alternatively you can write to:

Tracy Gunter
Ward Manager
WDSU
Horton Hospital
Banbury
OX16 9AL

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.

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Oxford University Hospitals NHS Foundation Trust

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