

Patient information factsheet

Recovering well after a minor gynaecological operation or examination under general anaesthetic

We have given you this factsheet because you have had a minor gynaecological operation or examination under general anaesthetic. It explains what to expect afterwards and how you can help your body to recover well.

We hope it will help to answer some of the questions you may have. If you have any other questions or worries, please do ask. We will be happy to help.

Your procedure

Today you have had:

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.....

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Aftercare

Information about your care after the procedure:

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Common symptoms after a minor gynaecological operation or examination

Pain and discomfort

You may experience some mild discomfort after your procedure. Use over-the-counter pain relief, such as paracetamol or ibuprofen. Always read the label or instructions before taking medication.

You can take your next dose of pain relief at: (time)

Vaginal bleeding and discharge

You may experience some vaginal bleeding or discharge after your procedure, depending on the type of operation or examination you have had.

If your discharge becomes yellow or green in colour or smells offensive, contact your GP or call 111. This could be a sign of infection.

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When to seek medical advice

Most women recover well after their procedure but, as with any operation, there can be complications.

Contact Bramshaw Women's Unit on 023 8120 6035 (up to two weeks after your procedure) **or contact your GP or NHS 111 if you experience:**

- increasing abdominal (tummy) pain
- heavy blood loss (soaking through two pads in an hour)
- a temperature (fever)
- abnormal discharge (yellow or green in colour or offensive smelling)
- vomiting and a loss of appetite
- difficulty passing urine (peeing), burning or stinging when passing urine, passing urine frequently or retention of urine
- a painful, red, swollen, hot leg or difficulty bearing weight on your legs (this may be caused by a deep vein thrombosis (DVT))

Recovering from your procedure

Side effects from the anaesthetic

For the first 48 hours after having a general anaesthetic, you may feel more sleepy than usual and your judgement may be impaired.

For 48 hours after having the anaesthetic, do not:

- drive (each insurance company will have its own conditions for when you are insured to start driving again, so check your policy)
- drink alcohol
- work
- exercise
- handle machinery (including an oven or hob)
- sign any legal documentation

Diet and fluids

You can eat and drink as normal.

Washing

You can have a shower the day after the procedure. After a general anaesthetic, you might feel dizzy, so have an adult around to help you and leave the door unlocked if necessary.

Useful links

Royal College of Obstetricians: www.rcog.org.uk

Contact us

If you have any questions or worries, please call Bramshaw Women's Unit on **023 8120 6035**.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**