



Post-operative day surgery instructions

Following your operation

You should rest when you get home. Normal activities can usually be resumed after a day or two although the effects of anaesthetic may make you feel tired.

You may take paracetamol or other medication as instructed by your doctor for pain, cramps or headaches.

Following a general anaesthetic

It is essential that someone stay with you from time of discharge, including overnight. For at least 12 hours post general anaesthetic it is recommended you avoid:

- ▶ Any activity that requires the use of skill or judgement e.g. cooking, making hot drinks, etc.
- ▶ Going out socially.

For at least 24 hours after a general anaesthetic it is recommended you avoid:

- ▶ driving a car or operating machinery
- ▶ drinking alcohol
- ▶ making important decisions or signing important papers.

Follow up

It is important to visit your GP or the KEMH clinic for your post-operative check.

When to seek advice

Contact your GP or the KEMH Emergency Centre on (08) 6458 1433 if you experience any of the following:

- ▶ Heavy bleeding that requires changing of your pad every 10 to 20 minutes.
- ▶ Bleeding that requires changing of the wound dressing before your next doctor's appointment.
- ▶ Passing large blood clots (larger than a 50c piece) or tissue pain that does not go away after taking pain relief tablets.
- ▶ An offensive (smelly) discharge from your vagina

Operation performed

Special instructions

Follow-up appointment



This document can be made available in alternative formats on request.

Women and Newborn Health Service
King Edward Memorial Hospital
374 Bagot Road, Subiaco WA 6008
Telephone: (08) 6458 2222
www.kemh.health.wa.gov.au

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