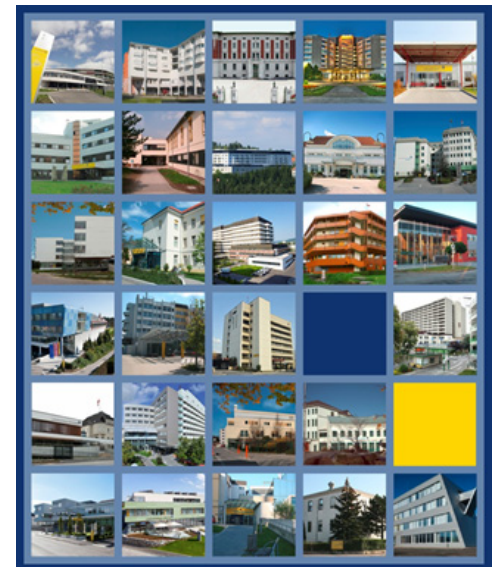


We hope to have answered all your  
potential questions with this infor-  
mation and wish you a speedy  
recovery.

Your gynaecology team

## Gynaecology and midwifery

### Discharge information



### Behaviour after a vaginal hysterectomy by means of abdominal incision

**Publication details:**

Media owner: NÖ Landesgesundheitsagentur

Version 05/2015

Gebärmutterentfernung durch Bauchschnitt

**Dear Patient,**

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

- Physical rest for six weeks
- Avoid lifting and carrying heavy objects (6 kg) for six weeks
- Avoid sexual intercourse
- Avoid full baths and visiting the sauna and swimming pool
- Refrain from using tampons until after the check-up with your consultant in four to six weeks.

**General guidelines for behaviour**

- Ensure plentiful fluid intake.
- You can eat and drink whatever you like (normal diet). However, foods and drinks which cause flatulence should be avoided.
- Exercise outdoors in the fresh air; walking is recommended.
- Discharge (slightly bloody) may persist for up to six weeks.
- The duration of sick leave will be determined by your GP.
- An application may be made for a recuperation period.

In the case of fever, severe lower abdominal pain or heavy bleeding, you should visit your consultant or the gynaecological out-patient clinic.

