

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

Your gynaecology team

Gynaecology and midwifery

Discharge information



Behaviour after a vaginal hysterectomy (with or without laparoscopy)

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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 hospital. Please observe the following for the most favourable treatment outcomes:

- Physical rest for four weeks
- Avoid lifting and carrying heavy objects (10 kg) for four weeks

Until after the check-up with your consultant:

- Avoid sexual intercourse
- Avoid full baths and visiting the sauna and swimming pool
- Refrain from using tampons

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.
- You may experience bleeding and/or a brownish discharge for up to six weeks after surgery.
- 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 outpatient clinic.