

Going Home After Minor Surgery

This handout offers the information you need to manage your care when you go home after minor surgery.

Instructions for all patients

- Take acetaminophen (example: Tylenol) 650 mg by mouth every 4 hours and ibuprofen 600 mg by mouth every 6 hours to manage your discomfort/pain. You may need to do this for 2 to 3 days after your surgery. After this only take these medications when needed. If you cannot use one or both of these medications, talk to your surgeon about other options.
- Eat your regular diet. Drink 6 to 8 cups of (1 cup = 250ml) fluids every day. Eat foods with bran, whole grains, fruits and vegetables to help prevent constipation.
- You can have a shower or bath.

The nurse will check the box for the instructions you need to follow based on the minor surgery you had.

Exam under anesthesia

- You may have small amounts of bleeding / spotting for up to 2 weeks.
- You will have cramping pain for up to 2 weeks.

Hysteroscopy / D and C

- You may have mild bleeding / discharge for up to 2 weeks. It can be pink, dark red, brown or black. You can use a maxi pad to protect your underwear. Change the maxi pad at least once a day.
- You will have cramping pain for up to 2 weeks.
- No sex or anything in your vagina for 2 weeks, or until you don't have any discharge from your vagina.
- You may need to take 1 to 2 days off work after your surgery. This may depend on how much discomfort/pain you have.
- You will be able to resume most of your normal activities within 2 days.

Laparoscopic procedure

- You have stitches that will dissolve on their own. It is normal for this to take up to 6 weeks. The Steri-strips covering your stitches may fall off on their own. If they do not fall off after 10 days, remove them when you have a shower.
- You need to take time off work for about 2 to 4 weeks after your surgery.
- Everyone heals differently. You will be able to do more activities as you feel better.
 - No bathing in bathtub for 2 weeks. You can have a shower.
 - No lifting more than 15 pounds (6.8 kilograms) for 2 weeks.

- No driving for 2 weeks.
- No strenuous exercise (for example: vacuuming, lawn mowing, golfing, swimming, weight lifting) for 2 to 4 weeks.

LEEP or Cold Knife Cone

- If a tampon was put into your vagina after your surgery, remove it in 4 hours.
- You may have mild bleeding / discharge for up to 2 weeks. It can be pink, dark red, brown or black. You will have cramping pain for up to 2 weeks.
- You can use a maxi pad or tampon as needed. Change the tampon at least 4 times a day to prevent infection.
- No sex or anything in your vagina for 4 weeks, or until you don't have any discharge from your vagina.
- You may need to take time off work for 1 to 2 days after your surgery. This may depend on how much discomfort/pain you have.
- You will be able to return to your normal activities within 2 days.

For questions or concerns

Call the nurse navigator at your surgeon's office if you have any of the symptoms below. Call 905-576-8711 extension 32917 (Monday to Friday from 8:00am to 4:00pm – except on holidays). After-hours or on weekends/holidays, go to a walk-in clinic or the emergency department at the hospital closest to you.

- Increasing amount of bleeding from your vagina
- Increasing amount of pain in your abdomen (belly)
- Nausea and/or vomiting
- No bowel movement or passing of gas for more than 24 hours
- A fever above 38.3° C/100.9°F at any time or above 38.0° C/100.4°F for more than an hour
- Extreme shaking and chills
- Redness or swelling of your incision
- A bad smelling discharge from your incision

Your follow up appointment

- You will be given a follow up appointment to see your surgeon in 2 to 4 weeks. Call the receptionist at your surgeon's office within 1 week after you go home if did not receive this appointment.
- At this appointment, your surgeon will talk to you about your pathology results.
- You will go to the Durham Regional Cancer Centre (DRCC) or Colposcopy Clinic for this appointment. Bring your Ontario Health Card (OHIP) with you to this appointment.

Please talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

For more information, go to the Cancer Care pages on the Lakeridge Health website at www.lakeridgehealth.on.ca. Click on Our Services > Diagnosis > Gynecologic Oncology DAP.

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