

## **Going Home After Minor Surgery**

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

You may be given a separate handout on the Telehomecare Remote Surgical Monitoring program. This program allows you to connect to a registered nurse after you go home.

### **After you go home**

- 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. Talk to your surgeon about other options if you cannot use one or both of these medications,
- Eat your regular diet. Drink 6 to 8 cups of (1 cup = 250ml) fluids every day.
- You can have a shower or bath.

Follow the other instructions below for the type of minor surgery you had (see the box that has been checked for you by the nurse).

#### ☐ **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.
- 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.
- 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 a 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 905-576-8711 extension 32917 (between Monday to Friday from 8 am to 4 pm – except on holidays) if you have any of the symptoms below. Go to a walk-in clinic or the emergency department at the hospital closest to you after-hours or on weekends/holidays.

- 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

Go to the emergency department at the hospital closest to you for any medical emergency.

## **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 about your pathology results.
- 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.

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

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