Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Following Major Gynaecological Surgery

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Following Major Gynaecology Surgery

Patient Information

Gynaecology Services

The Patient Information Leaflets page on the Trust website is available on the link:

https://www.wwl.nhs.uk/patient-information-leaflets or scan the QR code.



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Swinley Ward

Telephone: 01942 822568 or 822569

Before leaving hospital, do not be afraid to ask any of the nurses or doctors who are looking after you about anything that is worrying you. They will be happy to inform and advise you.

You will either be sent an appointment to be seen in the Outpatient Department in six to eight weeks' time or you will receive a telephone follow up or your consultant will write to you with the histology results and only come up to the hospital if you have any problems.

When you return home

You will feel a little weak at first, but this will soon pass. Gradually start doing a little more each day, without tiring yourself too much. It is important you are as active as possible as being still (for example staying in bed all day) can increase the chance of a blood clot (thrombosis) occurring in legs and lungs.

You may go out for short walks when you first get home. The general advice is to do whatever you feel able to do without too much exertion. The things to avoid are heavy lifting, vigorous exercise and straining in the first few weeks. Do not start competitive sport or energetic activity until three months after your operation.

If you drive a car, you may do so again as soon as your tummy has healed and does not cause pain; you feel comfortable behind the wheel and can apply the brakes safely in an emergency, usually in four to six weeks' time, depending on the type of surgery you had.

- Can you concentrate?

- Can you do an emergency stop?
- Check with your insurance company.

Any stitches in the vagina need to heal before you resume sexual relations. Gentle sex in most cases could be attempted after about 8 weeks.

You should eat a well-balanced diet, with plenty of fruit and vegetables. It is also advisable to drink plenty of fluids, about 1.5 to 2 litres (3 to 4 pints) daily.

You will normally be able to return to work after six to eight weeks depending on the type of work. Those doing manual, physical work will need longer at home than those doing more sedentary (seated) office type of work.

Please remember that everyone recovers at a different rate, if you have any problems or questions; please feel free to contact your General Practitioner or the ward.

General advice

Posture

When you first get out of bed, you may be tempted to bend forwards when you walk, but you will be more comfortable if you stand and walk tall, and try to pull your tummy muscles in.

Good posture should become a habit.

Sitting

Ensure your lower back is adequately supported, use pillows if necessary.

Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises in this leaflet, they do not come without risks. If you have any concerns regard ing your injury, or whether or not you should partake in the exercises, then you should consult your GP or physiotherapist before beginning any exercises shown in this leaflet.

It is quite normal to feel some discomfort following exercise, but it is important that this disc omfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown in this leaflet are designed to be used as a guide and a point of refer ence.

Suggested exercises

Exercise rules…

1. Listen to your body
2. Stop if it hurts

3. Stop if you're tired
4. **Never** do a sit-up with your legs straight
5. **Never** do a double leg lift from lying

Exercises for the pelvic floor

These exercises should:

- Improve the tone of the muscle which support the contents of your pelvis
- Ease discomfort
- Help maintain or improve bladder control.

Exercise 1 – 'squeeze and lift'

Imagine that you are trying to stop yourself passing wind and at the same time, trying to stop your flow of urine mid-stream. The feeling is one of 'squeeze and lift' by closing and drawing up the back and front passage. It is important to do this without tightening your tummy or buttocks, and without squeezing your legs together or holding your breath. In other words only the pelvic floor muscles should be working.

- Close and draw up front and back passages
- 'Squeeze and lift'
- Hold for as long as you can
- Release

- Rest for approximately 4 seconds

Perform these exercises as often as you can, (hourly) anytime, anywhere, any position. Carry on with these exercises two or three times daily for the rest of your life!

Exercise 2 – Pelvic tilting

This exercise can also be done sitting or standing.



- Pull in tummy muscles
- Press small of back into the bed
- Hold for approximately two seconds
- Slowly ‘let go’
- Repeat several times

Exercise 3 – ‘Tic-Toc’

- Pull in tummy muscles

- Take both knees gently over to the right just as far as is comfortable
- Repeat over to the left
- Repeat several times as long as it remains comfortable



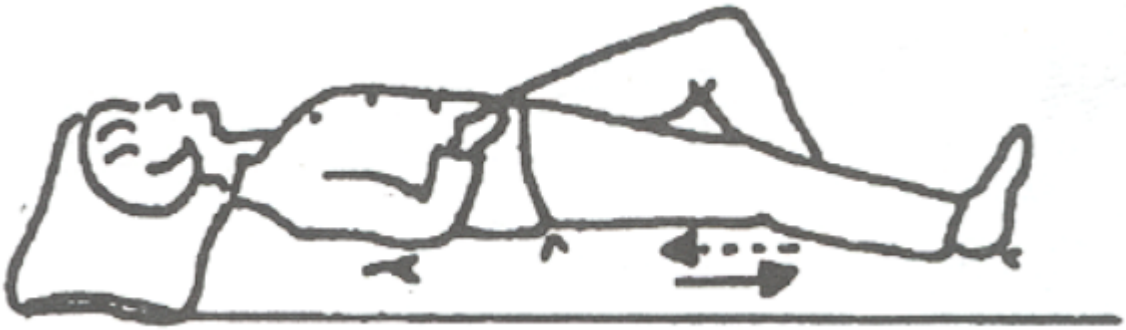
Further exercises that can be done whilst lying in bed, but remember

- Start gently
- Gradually increase the number you do
- Do not hold your breath

Exercise 4 – Hip hitching

- Put your hand on your tummy
- Shorten the straight leg by sliding your heel up the bed and bending from the knee. Keep the other leg straight.

- Tighten the tummy muscle under your hand
- Let go
- Repeat several times



Exercise 5 – Curl ups

Whilst lying in bed with your knees bent up towards your chest:

- Pull tummy in and tuck chin in onto chest.
- List head and shoulders and stretch hands towards knees
- Uncurl slowly
- Repeat several times

Exercise 6 – Diagonal curl ups

As curl up…. But:

- Stretch left and towards right thigh

- Slowly uncurl
- Repeat to the right
- Repeat several times along as its comfortable





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