



Inanna Women's Health

A/P Batool S Nadim

Obstetrician, Gynaecologist & Sonologist

Hysterectomy Post-Operative Care Instructions

HOSPITAL STAY

The length of your hospital stay following a hysterectomy will depend on the type of procedure you have and your individual recovery progress. If you have undergone keyhole (laparoscopic) surgery, you can generally expect to be discharged the day after your operation. For other types of hysterectomy, your hospital stay may last approximately 1 to 4 days.

DIET

To support your recovery after surgery, it is important to maintain a well-balanced diet that includes a range of nutritious foods. Ensure you include sources of protein such as lean meat, fish, eggs, milk, yoghurt, nuts, and legumes or beans. Avoid straining during bowel movements, as this can hinder recovery. If you are having trouble with constipation, consult your treatment team for advice on management.

ACTIVITY AND EXERCISE

- Once you return home, take it easy during the first week of recovery. Seek help from family or friends with household chores so you can rest as required. Avoid heavy lifting (anything more than 3–4 kg) for 4–6 weeks. Light walking is encouraged and can begin as early as the day of surgery, as gentle exercise may help reduce treatment side effects and speed up your return to normal activities. Consult your doctor to find out which types of exercise are suitable for you.
- Do not drive after surgery until you can move without pain and are confident in your mobility. Check with your car insurer to confirm if there are any restrictions related to driving after major surgery.
- To reduce the risk of infection, shower instead of bathing for 4–5 weeks following your operation. It is also recommended to avoid swimming during this period.
- Refrain from sexual intercourse for approximately 6 to 12 weeks post-surgery.

WHAT TO EXPECT AFTER SURGERY

Full recovery is expected to take between 2 and 6 weeks, depending on your general health, fitness, and the type of surgery performed.

Pain Management

It is normal to experience some pain and discomfort after major surgery; you will be provided with prescribed medication that will help to manage this. Taking regular pain relief will support your recovery and mobility and reduce the risk of developing blood clots (thrombosis).

Vaginal Bleeding

Some light vaginal bleeding is normal after surgery and should resolve within two weeks. Some women may have no bleeding initially, followed by a gush of blood or fluid that stops quickly.

Do not use tampons or period cups to reduce the risk of infection.



Inanna Women's Health

A/P Batool S Nadim

Obstetrician, Gynaecologist & Sonologist

WOUND CARE

- If you had abdominal or laparoscopic (keyhole) surgery, your abdominal wall wound is closed with stitches that are dissolvable and won't need removal. For certain types of wounds, staples or non-absorbable sutures may be used, and you will be informed when to remove them by your doctor.
- Your wound will be covered with a dressing that needs to stay on for 7 days after surgery. Before you are discharged, you will receive clear instructions on caring for the dressing. Keep your dressing clean and dry, and wear loose clothing.
- Watch for signs of infection, such as pain, redness, swelling, or foul-smelling discharge.

WHEN TO CALL THE DOCTOR

- If your pain becomes severe or difficult to control
- If bleeding persists or increases, or if you are soaking through a thick pad or tampon every hour for more than two hours
- If you develop a temperature of 38°C or above
- If you experience problems urinating
- If you have persistent nausea or vomiting
- Any sign of wound infection

If any of these occur, contact Dr Nadim's office immediately on **02 8552 3600** during working hours. Outside of these hours, contact your local GP or the nearest hospital.

RETURNING TO WORK

You will likely need 4–6 weeks off work, depending on the type of surgery you have had and the demands of your job. If you have had keyhole surgery and your work is office-based, with no heavy lifting, you may be able to return after 2–4 weeks.

FOLLOW-UP APPOINTMENTS

You will have a follow-up appointment with Dr Nadim 2 to 4 weeks after your procedure. The office will contact you to confirm the date and time of this appointment.

QUESTIONS AND CONTACT DETAILS

If you have any questions or concerns, please contact Dr Nadim's office on 02 8552 3600 or via email at reception@drbatoolnadim.com.au. The staff will be happy to assist you.