

Advice on Discharge

Rest and Activity

The majority of people feel rather tired when they get home so you should try to go to bed and get some rest. Don't feel frustrated if you tire easily, only do as much activity as you feel able to do and gradually increase your activity levels until you feel back to normal.

Eating and drinking

Once you have returned home you may resume a normal, healthy diet, however you should avoid foods with a high fat content for 24 to 48 hours. Initially you may find that you don't have much of an appetite so ensure that you consume plenty of fluids and avoid alcohol for the first 24 hours at home.

Bathing and showering

You can take a bath or shower as usual unless you have been instructed otherwise. If possible, arrange for someone to be around when you take a bath or shower. You may not require assistance; however you may feel lightheaded getting out of the bath.

Driving and work

The time you can drive or go back to work following an operation will depend on the procedure you had. Medical staff will explain when you can resume driving and work before you are discharged.

Wound Healing

You should contact your GP if:

- The amount of pain in your wound increases after the initial discomfort.
- The amount of redness and/or swelling increases.
- If there is any discharge.

Pain Relief

If you have been given analgesia on discharge you should take this as directed. If you have not been prescribed anything, Paracetamol, or whatever you would normally take for pain is usually sufficient.

Queries or worries

If you have any queries, or are worried about your condition you can either contact your GP, NHS Direct on 0845 4647 or Orchard gynaecology ward on 01234 792219.

If you would like to complain or commend Orchard gynaecology ward following your stay please contact the patient advice and liaison service (PALS) on 01234 795814 who will assist you.