

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 or call 911 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 you did not receive this appointment.
- At this appointment, your surgeon will talk about your pathology results.
- You will be given the information you need to know the location of this appointment. Go to the Durham Regional Cancer Centre (DRCC) or the 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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