

RECOVERING FROM GYNAECOLOGICAL SURGERY

DON'T:

- ✗ Carry anything heavy especially shopping and children for 3 to 4 weeks or do strenuous housework.
- ✗ Drive for 3 to 4 weeks.
- ✗ Return to work before 6 weeks post-op for major gynaecological surgery (This will however also depend on the type of work you do and surgery performed).
- ✗ Swim / bath for 2 to 3 weeks while there is still vaginal bleeding or discharge.
- ✗ Have intercourse for 6 weeks post-surgery.

DO:

- ✓ Gentle walking, a little further every day and light chores. You will find you are able to do more as the days and weeks pass.
- ✓ A pelvic floor muscle exercise programme.
- ✓ Shower.
- ✓ Mobilise in and out of bed as shown to you by your therapist.
- ✓ Eat a healthy balanced diet.
- ✓ Stop smoking.
- ✓ Have a positive outlook and accept help and support from family and friends.
- ✓ Inform your doctor if a problem arises as soon as possible.

Physiotherapy Treatment whilst in hospital may include all, or part thereof the following:

- ✓ Chest physiotherapy if indicated. Your physiotherapist will also show you how to cough with wound support as well as teaching you diaphragmatic breathing to improve lung function.
- ✓ Mobilisation:
 - How to get in and out of bed with minimal discomfort.
 - Walking and stair climbing.
- ✓ Ultrasound:
 - To reduce pain and swelling.
 - To help break down scar tissue formation.
- ✓ Infrared lamp:
 - A modality to help reduce pain.





Pelvic floor exercises (See pictures to follow):

Exercise 1: (Long hold for strength)

1. Sit, stand or lie on your back with your knees bent and legs comfortably apart or kneel on your hands and knees.
2. Close your eyes, imagine what muscles you would tighten to stop yourself from passing wind or to stop urine flow midstream.
3. Tighten these muscles as strongly as possible and hold for 3 to 5 seconds.
4. Repeat 10 times.
5. Do 3 sets per day in the different positions suggested above.

Progress exercises according to your physiotherapist's instruction.

Exercise 2: (Quick squeeze for power)

1. Squeeze and lift your pelvic floor muscles as strongly and quickly as possible. Do not hold. Just squeeze and let go. Rest for a few seconds in between each squeeze.
2. Repeat 10 to 20 times.
3. Do exercises 2 times per day.

Your therapist will teach these exercises to you whilst in hospital.

They must be continued and progressed for several months post-surgery.

