

- Observe personal hygiene and wear cotton underwear and change it daily.
 - To remove the stitches, refer to the office on the day that the doctor has appointed for you.
 - You may feel a different burning sensation at the beginning or end of your stitches when you move and walk, which is normal.
 - When you sneeze or cough, place a pillow over the surgical incision to prevent pain from increasing.
 - Because you have been catheterized, use plenty of fluids to prevent urinary tract infection.
 - Bleeding in a small amount after the operation is normal.
 - If you have a big belly, use a belly band so that it covers your wound completely to prevent infection.
- Do not use unsanitary household oils on the wound.

Ask your doctor to provide you with a plan to prevent osteoporosis. After 6 weeks from the operation time, you can start your sexual activity and removing the uterus will not cause any disturbance in this field.

Necessary recommendations at home:

- Avoid heavy work for two months.
- Use medicines on time. You lose about half a liter of blood per procedure. Therefore, iron tablets must be used for three months.
- If prescribed by a doctor, use diclofenac suppositories during pain. You can use it in the morning before starting the activity to prevent pain.
- Your dressing will be changed on the day of discharge and a waterproof dressing will be applied. On the day of discharge, you can take a shower and if your dressing gets wet, take it off and take a shower every day and wash it with baby shampoo, but do not apply lint on it, then dry the wound completely with cold wind from a hair dryer, and there is no need to use a dressing or betadine (changing the dressing and taking a bath according to your doctor's prescription.) It is enough to put a dry sterile gauze on the wound.

Hysterectomy (removal of uterus)

After caesarean section, the most common surgical procedure for women are severe pelvic pain, severe and irregular monthly bleeding, or uterine cancer, which sometimes have no other solution but to remove the uterus through surgery. In addition, this method can be favorable for women who do not intend to have children.

Post operation

The day after the operation, you can get up and walk. While you are in the hospital, to improve the blood flow and prevent the formation of clots in the legs, it is necessary to take short and numerous walks. It takes approximately 4 to 6 weeks to return to your normal state. During this period, you should limit your activities and have enough rest. If your ovaries were also removed during the operation, you can consult your doctor about the control of menopause symptoms. If your ovaries are removed under the age of 45, you are at risk of osteoporosis.



Amir-al-Momenin Medical-Educational & Research Center

Postoperative care (hysterectomy)

Patient Training

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ATF41/2/02.9

Hospital website address:
<https://enamirhos.semums.ac.ir>

1. Use plenty of water.
2. Use olive or sesame oil in food to prevent constipation.
3. The magnesium hydroxide syrup that was given to you is to prevent constipation, so do not use it if your stomach is working well or if your stool is diarrhea.
4. Do not take your iron tablet with calcium-containing products such as milk and yogurt because it prevents absorption.



Source: Williams book 2018

- Fever, secretion, redness and inflammation of the wound can be signs of infection. Refer to a doctor immediately. Control by the attending physician is necessary two months after the operation.
- In case of leg pain and swelling, sudden shortness of breath, heart palpitations, foul-smelling purulent vaginal secretion, discoloration of the skin at the suture site, and fever, refer to a doctor immediately.

Diet

Bloating can increase your pain

5. Do not consume packaged and industrial juices such as single-grain and...
6. Do not use flatulent food such as cabbage, beans, barley.
7. You can use chewing gum or cumin or mint juice to reduce bloating.
8. Use foods containing calcium (milk and low-fat yogurt) and plenty of iron.