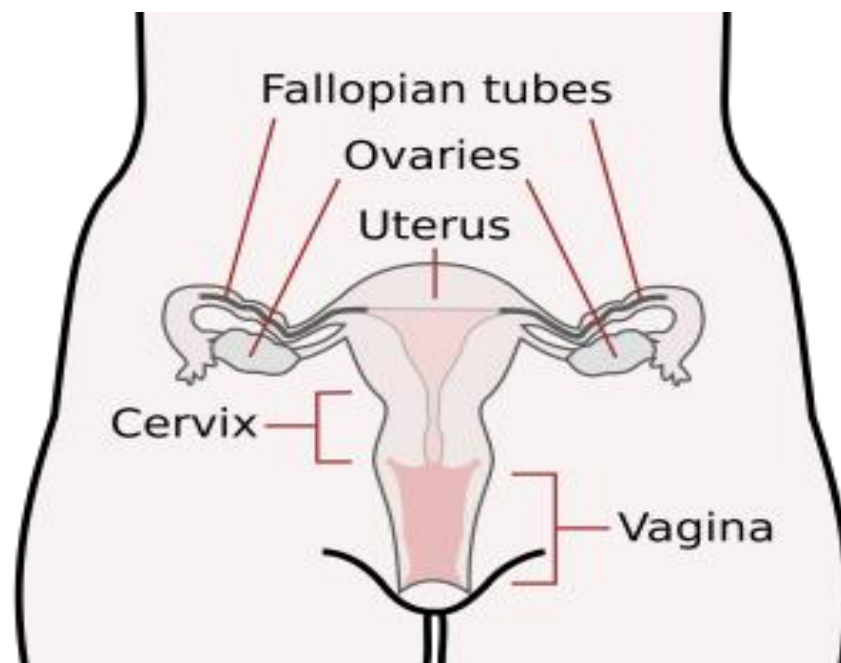




The Post Operation Care of Abdominal Total Hysterectomy



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All information above has been reviewed by GYN specialists
Edited and published by the Department of Nursing,
Taichung Veterans General Hospital

Surgical Procedures:

The uterus is located in the pelvis, along with other organs including the ovaries, fallopian tubes, cervix, and vagina. The indications for removal of the uterus are as follows: uterine fibroids, endometriosis, adenomyosis, cervical carcinoma in situ, etc. There are two main choices of the wound incision, either the pfannenstiel wound or the longitudinal one, on which the doctor will evaluate and help you make the final decision.

Preoperative care:

- Electrocardiography (ECG; EKG), blood analysis, chest X-ray.
- Sign the surgery consent after the interpretation and discussion with the surgeon.
- Anesthesia visit and consent signature.
- Preoperative shaving of the pubic area the night before the operation day.
- You need to prepare oral cotton swabs, disposable trousers, sanitary napkins, corset belts, and rinse pots as needed.



- The night before the surgery, nurses will help you with the colon prepare using enema.
- Fasting for at least 8 hours before the surgery.

Care after surgery:

■ Dietary considerations

- After surgery, you can use a rinsed cotton swab to moisturize your lips and oral mucosa.
- If you feel nausea and the urge to vomit , please turn to the side to avoid aspiration accident.
- You may start drinking some liquid according to the instructions from the surgeon. When there is no more nausea sensation or vomiting ,and you feel like eating ,you can start having normal diet. You need to avoid flatulence foods such as milk, sweet potato and soy milk. You may have sore throat and increasing amount of secretion due to general anesthesia. Instructions of breathing practice and chest care would be provided by nurses ,and these actions help prevent postoperative complications in the pulmonary system.



■ Postoperative pain

- Please let the nurses know when you are in pain, and the analgesics would be adjusted.
- Light pressure applied on the wound help ease some pain while moving or coughing.

■ Wound care

- If the abdominal wound is longitudinal, the nurses will change the dressing after the first 24 hours. If the wound is after surgery, the dressing will be removed 48 hours.
- If the abdominal wound is transverse (Pfannenstiel), the doctor might apply steri-strip to help reapproximate the wound .If the wound is longitudinal ,after the doctor's evaluation, the stitches will be removed and adhesive steri-strip might be applied. The steri-strip should be replaced each week. Generally, the steri-strip should be applied continuously for 3-6 months, and you can also choose other after discussion with your doctor.



Figure 1

- When you are back home,taking a shower is acceptable as long as you keep the wound dry and clean. If the steri-strip wet due to bath, you should dry with dry towel or hair dryer.

■ **Prevention of complications:**

- After surgery, you may feel sore throat, itching, with some phlegm sputum when you cough. If you want to cough, you can press the wound gently, cough up of the sputum to lower lung complications.

- It is advisable to turn over and change posture for increasing bowel movements.



- You should get out of the bed as soon as possible.
- After surgery, be placed foley catheter is placed for urine drainage and will be removed as soon as possible when you can tolerate basic ambulation.
- There will be some vaginal discharge, either coffee-ground or blood-tinged.It is best that you replace the pad regularly to help prevent further infection.

■ **Things you should pay attention to :**

- A balanced, healthy diet is highly recommended.

- Within 4 to 6 weeks after the surgery, have adequate rest and gradually increase your daily activity.
- The use of an abdominal elastic strap for 4 to 6 weeks is advised.
- Within 4 to 6 weeks after surgery, avoid heavy lifting and strenuous exercises.
- If any of the following situations occurs, you should seek medical help: (1) fever ; (2) wound infection ; (3) lower in abdomen sharp pain; (4) massive vaginal bleeding.
- Intercourse should be held before the speculation of the vaginal cuff is reassured by the doctor.