Do you want to know?

Hysterectomy

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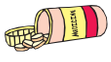
What is it?

Hysterectomy is the surgical removal of the uterus (womb).

What do you need to know?

Drugs 

Take medications as prescribed by your physician.

Activity

- Exercise your legs and move around. This will prevent the formation of clots in the major veins of the legs.
- You may start driving about 4 weeks after the operation.
- You may return to work 4–6 weeks after the operation.
- You may resume sexual intercourse 6 weeks after the operation.
- Avoid carrying heavy objects.

Therapeutic Measures

- Do not lift heavy objects and do not make any strenuous activity after the operation for at least one month.
- Avoid having tub baths and douches for 3 to 6 weeks.
- Do not introduce anything into the vagina for 6 weeks (tampons, vaginal douche…)

Considerations

- You will have a blood stained discharge from the vagina for a few weeks. This will usually stop after 6 weeks.
- You will not have menstruation after hysterectomy.
- Your physician should be notified if you develop:
  - Increased vaginal bleeding
  - High Temeprature
  - Urinary problems
  - Abdominal pain
  - Vaginal bleeding or foul smelling vaginal discharge

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.

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