



## Things to know after hysterectomy

### 子宮切除術後須知(英文)

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#### Care for wounds

After operation, it often takes about a week for epidermal layer to heal, yet it could take deep subcutaneous layer up to one or one and a half month to heal; therefore, it is completely normal for patients to have occasional twitching painful feeling for 4 to 6 weeks.

1. One week within the operation, you should maintain dryness around the wound; if unfortunately the wound is wet, rinse the wound with iodine and cover it with clean gauze.
2. If the operation requires stitches removing, it is usually all right to take a bath after the stitches are removed and consult your physician if you wish to take a bath.
3. Topical ointment is no longer needed once the wound is completely healed.
4. Observe your wound for unusual pus-like secretion, redness, swelling, local heat, and pain.
5. Self-cleaning wounds inside of the vagina or using tampons are forbidden.
6. It would be all right to have minor secretion or blood streak from vagina if it lasts only 2 to 4 weeks.

#### Voiding

Dysuria or incomplete voiding may occur, and it could be prevented by bladder training to prevent urinary tract infection or bladder dysfunction caused by bladder distention.

## Activities

Maintaining normal and regular life with an open mind helps patients recover from the operation.

1. Without the doctor's permission, patients should not proceed to vigorous activities that might traumatize pelvic or add to its congestion; and activities include violent dance, long standing or sitting, bathing, and cycling.
2. Avoid heavy lifting, anything weighs more than 5 kg, and do not violently use abdomen muscle.
3. When doing work-out, adapt to the strength required for the activity progressively.

## Diet

Timely consume 3 meals with fixed amount; adopt light and fresh diet.

1. Avoid spicy and stimulating food.
2. Intake more vegetables, fruits or oatmeal to prevent constipation.

## Sexual life

You may resume your sexual life 2 months after the operation; do discuss with your physician, if necessary, for the condition of your wound to avoid violent actions.

## Psychological state

After hysterectomy, the patient may feel sorrow or sadness and it is helpful to reveal and let out feelings to her partner, family, and friends for mental support.

Patients should return to the hospital for further evaluation once they suffer from any of the following conditions :

- Fever ( oral temperature > 38 °C )
- Severe abdominal pain
- Abnormal vaginal secretion or bleeding
- Redness, swelling, and local heat or pain over the wound.

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若有任何疑問，請不吝與我們聯絡  
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