Enhanced Recovery After Surgery (ERAS) Gynecology

GOING HOME AFTER SURGERY

Vaginal Discharge

It is normal to have some vaginal discharge or spotting for 4 to 6 weeks after surgery. It may be red, pinkish, or reddish-brown and may have a slight odor. Use pads for drainage and remember to change them regularly. DO NOT use tampons or put anything in your vagina until your doctor tells you it is safe to do so.

Dissolving sutures (stitches) are used inside the vagina. These slowly dissolve over weeks to months. They do not need to be removed, however if persistent or bothersome you can speak to your physician. You need not be alarmed if you pass some fragments of sutures in the weeks after surgery.

Sexual activity

Depending on the type of surgery you had, you will need to avoid having sexual intercourse or putting anything in your vagina (No tampons, douching, bathing or swimming).

* For up to **8 weeks**
  AND

* Until your surgeon tells you it is ok to do so.

This will allow time for your body to heal. It may be possible to resume other types of sexual activity sooner.

If you have questions or concerns, discuss them with your health care provider.

Emotions

You may feel mixed emotions about the changes in your body after surgery. This is normal. Talk to your regular health care provider if you are concerned about the emotions that you are feeling.

If you have not already undergone menopause and have had both ovaries removed, you might undergo slight surgically-induced menopause.

You may experience symptoms like hot flashes, mood swings or irritability. Discuss these symptoms with your doctor. Your Doctor can help you find solutions to reduce the effects of menopause that are right for you.

Healthlink BC				
Call 8-1-1	Nurse	24 hours a day	Daily	*Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.*
	Dietitian	9 am−5 pm	Mon−Fri	
	Pharmacist	5 pm−9 am	Daily	
www.healthlinkbc.ca	Hearing Impaired	Call 7-1-1		