

Contact your doctor if you are experiencing:

- Heavy vaginal bleeding soaking one pad per hour
- Severe pain, uncontrolled by your pain medication
- Fever, chills or foul smelling vaginal discharge
- Redness, swelling, or excessive bleeding/drainage from your incision
- Any difficulty with bowel or bladder function

Every day after this procedure should feel the same or better. If you are not feeling better every day, please contact your surgeon's office.



Our Vision

*Healthiest people
Healthiest communities
Exceptional service*

Outpatient Laparoscopic Hysterectomy



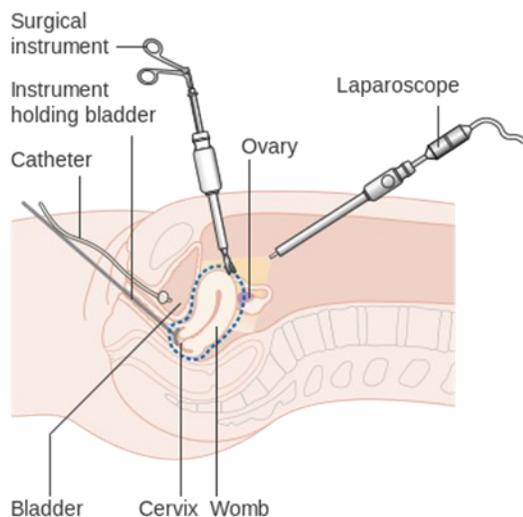
At Saskatoon City Hospital you can have your hysterectomy and be home the same day.



A laparoscopic hysterectomy is the removal of the uterus through several small incisions in the abdomen. The uterus is either removed through the laparoscope or through the vagina. Your surgeon will discuss with you what is better for you.

Some advantages of doing a hysterectomy through the laparoscope are:

- shorter hospital stay
- shorter recovery time
- reduced discomfort
- reduced scarring



Some women can have their procedure done and can go home the same day as their surgery.

Those patients who qualify must:

1. Be motivated to self care and to go home;
2. Be within a 100 km radius of Saskatoon for the first 24 hours;
3. Have 48 hours of continual post-operative support at home;
4. Not have a history of sleep apnea or anesthetic complications;
5. Not have any significant medical conditions;
6. Not have any uterine cancer
7. Be prepared to spend at least five hours post op in the Day Surgery Unit before going home;
8. Understand that the internal incision takes the longest to heal; **NO SEXUAL INTERCOURSE OR VAGINAL PENETRATION FOR 6 WEEKS** is needed for the incision to heal completely.
9. Know that if there is anything the surgical team feels is unusual with the surgery or post-op course, you may be admitted overnight to the hospital. **Be prepared for this.**

After surgery at home:

- Have someone to support you for 48 hours post op. They may have to go fill medical prescriptions or assist you with your care.
- Use unscented sanitary pads. No tampons allowed for six weeks.
- No lifting anything over ten pounds for six weeks.

What to expect from your healthcare team:

- We will try to keep you as comfortable as possible post op with rest and medications your doctor has prescribed.
- We will give you medications to minimize any nausea during your post-op stay so you will be able to eat and drink.
- We will monitor your vital signs and your operative sites to ensure you are doing well.
- Your surgeon or resident will come to see you or phone the nurses caring for you prior to your discharge.
- We will give you discharge instructions and prescriptions for you to take home or to the drug store to fill.
- Your surgeon will want to see you six weeks post op and assess how you are healing. It is up to you to phone the office to make the appointment.