



Saint Mary's Mercy Medical Center's Online Hysterectomy Class



Welcome



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Hysterectomy Class Outline

- Types of Hysterectomies
- Review Pre-op Instructions and Procedures
- Review Post-op Procedures
- Review Hormone Replacement
- Discuss Home Care

PLEASE NOTE-THIS IS A GENERAL GUIDELINE-
ALWAYS FOLLOW YOUR DRS. ORDERS

Types of Hysterectomies

- Vaginal
- Lap Assisted Vaginal Hysterectomy
- Abdominal
 - Horizontal Incision
 - Vertical Incision
- Additional Procedures:sometimes needed, your physician will advise
 - Bladder Repair

Recovery Rate and Length of Stay

- Depends on:
 - Type of incision
 - Reason for Surgery
 - Length of Surgery
 - Additional Procedures
 - Health Status-before and after surgery
 - Insurance

Pre-op-2 weeks before

- Eliminate all Aspirin products -check labels, ask Dr. or Pharmacist if taking combination pain med
- Tell Dr. about any herbs you are taking
 - Ginko, St. Johns Wort, Garlic Suppliments, Vitamin E,
 - These can cause increase bleeding
- Tell Dr. about any Medications you take
- Decrease Caffeine to avoid headache after
- Eat healthy food

Pre-op- Day before Surgery

- Dr. may or may not order-Douche, Enema, or Laxative-available in most pharmacies
- Do not eat, drink or smoke for 8-12 hours prior to surgery
- eat light food, easy to digest day before
- ask Dr. if you should take any of your regular meds the morning of surgery. Take with small amount of water. Bring meds to hospital

Morning of Surgery

- When brushing teeth-don't swallow water
- Take ordered meds with a swallow of water
- Remove all jewelry. Wedding ring can be left on and taped in surgery.
- Do not apply make-up. Leave purse home
- Remove nail polish-at least one acrylic nail needs to be removed
- Arrive at Hospital about 2 hours before surgery for pre-op preparation

Where do we go?

- Park in visitor lot in front of hospital, Jefferson Street side
- Go through lobby to visitor elevators. If you need help locating anything in the hospital there is an information desk and Kiosk in the lobby. Maps are available there too.
- Take elevators to 3rd floor-turn Left
- Go to Surgery Registration Desk

Pre-op Room

- Change into hospital gown
- Anesthesiologist will ask questions
- Nurse will ask questions
- Report all allergies
- IV started
- SCD's applied for leg circulation
- pre-op medication may be given
- Nurse will review 1-10 pain scale

Family

- Can stay with patient in pre-op until she is taken to surgery. Be very quiet after pre-op meds given.
- Wait in surgery waiting room
- Dr. will talk to you after surgery is over
- Orderly should come and take you with pt. To 8th floor after pt. Leaves recovery room
- Someone should stay with patient until they say it's OK to leave

Catheter

- Most women will have a catheter inserted during surgery so bladder will not fill too much
- May be removed in recovery room or after patient is able to get up to Bathroom
- Some women who have had certain forms of bladder repair may go home with catheter

IV

- Used to deliver fluids when patient is not eating a lot
- Pain medication is often given through IV
- Can be used to administer emergency meds
- Report any alarms that sound to nurse
- If IV alarm says occlusion try to straighten arm

Pain

- Methods of pain management include
 - IV administration of med and/ or PCA
 - Hypos
 - Oral meds
- Do not wait for severe pain before taking medications
- You may experience some pain, but it should not be too great-report to nurse if you are not receiving enough pain relief

What to expect after Surgery

- Incision may be closed with stitches or staples-Dr. will remove staples
- Vaginal bleeding for several days, lightens each day
- Clear liquids-more food as tolerated
- See HYSTERECTOMY PATHWAY on our Women and Children's Web page
 - Vaginal and Lap Assisted Hysterectomy
 - Abdominal Hysterectomy



Hints for Family Members first day of surgery

- Minimize talking and no TV, radios, etc
- Limit number of people in room to 2
- Do not bring food or coffee into room
- Help patient rest by limiting light and noise
- Someone should stay quietly next to the bed in case patient needs anything
- No small children 1st day
- No cell phones-except in lobby, cafe

Prevent Complications

- Cough and Deep Breathe
- Use your Inspirex as instructed by nurse
- Move legs or feet, sit up when able
- Walk when able, at first with nurse assistance
- Some patients get pain in left shoulder after lap assisted surgery. Movement helps

Hormone Replacement Therapy

- Often used if ovaries are removed
- Discuss different forms of hormone replacement therapy with your Dr
- May have patch applied after surgery
- Report all side effects to your Dr. before discontinuing use. You may need to try several forms until one is just right for you.

Intercourse

- Follow Drs. Orders on how long to wait
- Intercourse is often better or unchanged after surgery since pain and bleeding is usually gone or diminished
- Report any dryness or pain to Dr.

Help at Home

- Have soups, pop, meal replacement drinks, crackers, juice, bendable straws, pads
- Family can do laundry, answer phone, errands, cook etc., offer drinks and meds
- Have acetaminophen and ibuprofen available at home
- Have lots of pillows in bed for positioning comfort
- You heal better at home

Warning Signs-Report to Dr.

- Fever or chills
- Heavy vaginal bleeding or foul odor
- Redness, bleeding, or discharge at incision site
- pain or swelling in legs
- shortness of breath or chest pain

At Home-patient

- REST
- Light activity
- Drink a lot of water
- Eat nourishing food
- Relax
- Don't be afraid to accept help from others