

HOSPITAL TO HOME

A RECOVERY GUIDE FOR PATIENTS AND THEIR FAMILIES

While you are here, we will work together to help you feel better and teach you how to manage your condition safely at home.

Tests you can expect during your visit include:

Vital Signs – Regular checking of your temperature, blood pressure, pulse and oxygen levels.

Bladder Challenge/Scan – A test to ensure that you are passing urine.

Blood Tests

The **WRH MY CARE JOURNEY** App helps **YOU** and your **FAMILY**:

- ✓ Know what to expect in the hospital
- ✓ Play an active role in your treatment
- ✓ Understand next steps in your care

FREE
and
EASY
to use

My CARE JOURNEY
DAY 1
How long will I stay?

Download the WRH My Care Journey App for more information on your stay and recovery

Available on the
App Store

ANDROID APP ON
Google play

My
CARE
JOURNEY

HYSTERECTOMY

A RECOVERY GUIDE FOR
YOU AND YOUR FAMILY

WRHCareJourney.ca

The expected hospital stay for patients after a Hysterectomy is 1 day (Vaginal) or 2 days (Abdominal). You may be ready for discharge sooner depending on your condition.

DAY OF SURGERY

- After your surgery, you will be monitored in the recovery room before moving to your room.
- When you arrive on the unit, you will meet members of your care team who can answer any questions you may have.
- Medication is given to reduce pain throughout your stay. If you are still uncomfortable, talk to a member of your care team.
- You may feel constipated. Chewing gum 3 times per day will help stimulate your bowel.
- After surgery, start with a clear fluid diet, it may take some time to regain your appetite.
- You may have a bladder catheter in place to help drain your urine, your care team will remove the catheter when appropriate.

- Move your feet back and forth and in circles to improve circulation in your legs after your surgery.
- You will be assisted out of bed later on the day of surgery.
- **Do not get out of bed without the assistance of a healthcare provider.**

DAY 1 & 2: RECOVERY

- Increase your activity level a little each day. Rest when you feel tired.
- You will be taught deep breathing and coughing exercises after surgery. Applying pressure with a small pillow or folded towel to your incision will help support your incision if you cough.
- Controlling pain will allow you to move and get out of bed, which is essential for your recovery. Let your care team know if your pain is not under control.
- If you had an Abdominal Hysterectomy, your dressing will be removed as directed by your physician and left open to the air.
- Review your discharge plan with a member of your care team. Make sure you understand next steps and discuss any concerns or questions.
- Arrange for someone to bring you home in the morning on the day of discharge.

DISCHARGE DAY

- Review your discharge plan and ensure you understand how to care for yourself at home and discuss any concerns or questions with your care team.
- Refer to your yellow discharge sheet for information on your medications and follow up appointments.

THINGS TO REPORT

If you experience any of the symptoms below, you should seek immediate medical attention.

- Fever, chills, or temperatures of 38°C (101°F) or more
- Redness, swelling or warmth at the incision site
- Severe or increased pain
- Bright red bleeding from the incision site or the vagina
- Coloured or foul-smelling drainage from the incision site or the vagina
- Bowel or bladder difficulties
- Shortness of breath or chest pain

If you have questions during your journey, ask!

