

# After Your Surgery

Information for patients, relatives and carers

ⓘ For more information, please contact:

**The Urology Team**

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You have recently had surgery for .....  
Here is some information about how to care for yourself after surgery.

## **Wound Care**

If you have had keyhole (laparoscopic) surgery your wounds will have been closed with absorbable stitches that do not require removal. Once you are home, your dressings can be removed if they have not already been removed in hospital. It is fine to shower and bathe as normal.

If you have had an open operation, staples or stitches may still be in place. The hospital team will provide you with a stitch / staple remover to be given to the Nurse that removes your staples. The team will let you know who should take them out and when this is best done. This may be a Nurse at your local surgery or by a District Nurse.

If you have any problems with your wound, such as; redness, swelling, pain, leakage or if you develop flu-like symptoms and a temperature you should contact your GP.

You may experience some discomfort at the wound site. This is usually controlled with simple pain killers such as Paracetamol. Always check the dose. You are advised not to take anti-inflammatory medicines such as ibuprofen.

## **Injections**

Whilst in hospital, the ward nurses may have shown you how to give yourself Fragmin injections. This helps prevent blood clots after surgery. Not all patients need this, but if you do, this will have been explained to you.

## **General Advice**

It is normal to feel tired after surgery; try to rest when you need to. It is sensible to try to get some fresh air each day, perhaps having a gentle walk and increasing this daily if you can. You may wish to resume light housework but avoid lifting heavy objects or doing too much too soon.

Your moods and sleep patterns may fluctuate after surgery; whilst this may present challenges for you it is normal.

You may notice your appetite is reduced following surgery and that for a time eating small regular meals may help you regain your strength. A good fluid intake is important. It is fine to drink tea and coffee but try to include water and diluted fruit juice too.

Changes in your bowel habits are normal and will settle down in time. If you need extra support or advice, please ask. You may find mild laxatives helpful at this time.

After your surgery, you may need a little time before you can confidently drive again. Generally, you will need to comfortably do an emergency stop before you should drive again. Remember it is your responsibility to check cover with your insurance company.

We will send you a follow-up out-patient appointment around six to eight weeks after your surgery. If you have not heard within this time, please call the Urology team. If you are re-admitted to hospital for any reason within 30 days of your surgery, please ask the ward staff to let us know.

If you have any questions, concerns or require further support, please call your G.P. or telephone the hospital Urology team on 01904 72 1735 Mon – Fri 8am – 4pm.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Urology Team, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 72 1735.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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