



Day Surgery Department

Patient Advice Following a Minor Gynaecological Procedure

Pain

You may experience some discomfort. It is advisable to take some pain relief as necessary. Always follow the instructions on the side of the packet and do not exceed the recommended dose.

Activity

It is natural to feel tired following a general anaesthetic or sedation. This is your body's natural reaction to the stress of the procedure. Take it easy for the next couple of days but ensure that you take regular short walks to help the circulation in your legs.

You must not drive for the first twenty four hours following sedation or general anaesthetic. This is a requirement of the Road Traffic Act.

Bleeding

There might be some slight bleeding for the next few days. Please use sanitary towels whilst you have any discharge. Do not use tampons until your next menstrual period.

Infection

If you experience cramps with abnormal or smelly discharge it would indicate infection. Please contact your GP or the Day Surgery Unit.

If you experience very heavy bleeding or severe abdominal pain, please contact:

GP or out of hours GP

NHS Direct

111

Dorchester Day Surgery Unit

01305 254501 (day of procedure only)

Weymouth Day Surgery Unit

01305 762664 (day of procedure only)

Abbotsbury Ward after 8pm

01305 255150

Lulworth Ward after 8pm

01305 255471

About this leaflet:

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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