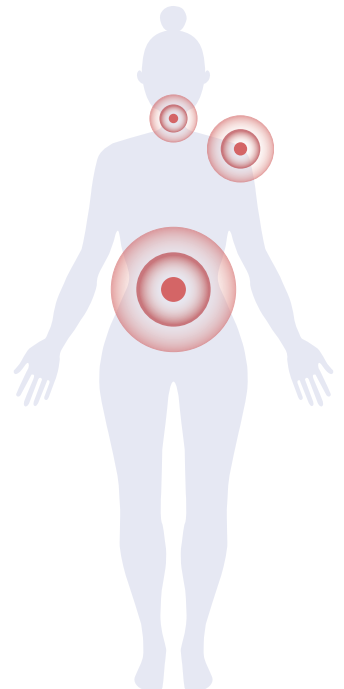


In many cases patients are able to return home on the day of their procedure, though you will need to have someone drive you home. It is ideal for someone to also stay with you overnight.

**The total expected recovery time for a Total Laparoscopic Hysterectomy (TLH) is 6-8 weeks. However, after 1-2 weeks you will likely be feeling close to baseline.**

- After a TLH, you will likely experience some pain in your abdomen. You may also feel shoulder pain as a result of the CO<sub>2</sub> that was used to inflate the abdomen during the procedure. There will be a small amount of vaginal bleeding, though this should not be heavy. You may also feel tired as the anesthetic wears off, and may feel some pain in your throat from the breathing tube that was placed during the procedure.
- You may be advised to engage in coughing, leg and breathing activities. These are important for your circulation. It is important for you to start walking shortly after your procedure.
- Ensure that you rest when you are home from the hospital, though light walking at home does help to prevent blood clots. You can climb stairs, although it may be uncomfortable for the first few days after surgery.
- Ask your physician for further timelines regarding initiation of other activities including driving after surgery.



## Recovery Guidance

### Vaginal Bleeding



It is normal to have light bleeding after a Total Laparoscopic Hysterectomy, which can last up to 4 weeks. Use a pad, and not tampons or menstrual cups, as nothing should be placed in the vagina during this time period.

### Pain Management



You should use pain medication to manage your pain, as this will help you to recover. As you progress in your recovery you will require less medication.

### Bathing



You can begin showering the day after surgery, however you should not have a bath until your incisions have closed. You may have small bandages over the incision. Let soapy water run over them but do not scrub those areas.

### Incision Care



Ensure your incisions are gently cleaned and pat-dried. Avoid using any substances aside from soap and water (e.g. no cream). **Watch your incisions for any signs of infection.** Steri-strips are often placed over the incisions, and these will fall off within a week. If staples are used on your incisions, these will be removed by your physician. If stitches are used, these will dissolve on their own.

### Diet



Ensure you drink enough fluids (6-8 cups/day), and reintroduce your full diet when you feel ready. Check out Canada's Food Guide to learn more about healthy options for your recovery and beyond.



Canada's  
Food  
Guide

### Constipation



This can be avoided with a one month course of laxatives/stool softeners, in addition to fluids and a fibre-filled diet, as these measures help to avoid straining.

## Return to Activities

- Gradually return to your routine and activities after the procedure, acknowledging that full recovery takes time. **Talk to your doctor about expected return to work.**
- During the month following your procedure do not engage in activities that put tension on your abdomen, for example using the vacuum. Do not lift objects heavier than 10 pounds.
- Do not drive if you are using narcotic medications to manage your pain.
- For 6-8 weeks following your operation do not engage in vaginal sex. You should not insert anything in the vagina until you have spoken to your doctor.



### Things to Watch Out For

Reasons to come back to the hospital:

- Fever
- Signs of infected incisions such as redness or pus
- Difficulty breathing
- Swollen/painful legs
- Increase in vaginal bleeding (e.g. soaking pads, worsening bleeding)
- Significant pain despite medications to relieve post-operative pain
- Pain that is becoming more severe
- Pain in chest, abdomen or pelvis
- Significant vomiting or nausea
- Difficulty passing stool and/or urine