

Discharge Advice after Surgery

Sexual and Reproductive Health



This information leaflet will hopefully cover things that you need to know in the next few weeks. Providing your procedure went as planned, you can expect to be discharged within a few hours.

You have had a general anaesthetic which can make it difficult to concentrate for a while, so it is not advisable to drive or operate any electrical equipment, or sign any legal documents for the next 48 hours.

Remember over the next 24 hours

- No alcohol
- No or reduce smoking
- No baths but showers are fine
- Try to rest as much as possible
- Have a responsible adult with you at all times

What will happen when I go home?

Bleeding

It is usual to expect some bleeding over the next two weeks which gets lighter and usually darker in colour. It can also be slightly heavier than a normal period and may stop for a few days and then restart, this is normal. You may also get some period type pains over the next few days. It is better to stick to sanitary towels rather than tampons until your next period or withdrawal bleed, to avoid the risk of infection.

You must seek medical advice if you have:-

- Bleeding heavier than a normal period or longer than 3 weeks
- Smelly vaginal discharge
- A temperature, feel hot or shivery
- Abdominal pain after 1 – 2 days
- Still have pregnancy symptoms after 1 week

You can contact the Beth nurse for advice. If you need to see a doctor please phone Beth on 01633 431743 to arrange to return to Bargoed clinic on a Tuesday afternoon or Wednesday morning. If it is out of hours please phone NHS direct or the GP out of hour's service for advice.

Pain

You may experience some period like pain for 48 hours. It is safe to take simple analgesia i.e. Paracetamol. Do not take more than 8 tablets in 24 hours.

Sex

It is advisable to avoid intercourse until you have stopped bleeding.

Contraception

It is really important that you are sorted out with reliable contraception immediately as you will be fertile straight away after an abortion. Our aim is that you will be discharged with your chosen method fitted, or provided with a prescription. Although the last thing on your mind at the moment is sex, this doesn't usually last very long!

If you cannot decide what to do, a follow up appointment will be made for you to continue the discussion.

Possible contraception methods are:-

The IUS/IUD (Mirena or copper coil)

The threads need to be checked in 6 weeks' time by your GP or Contraception Clinic. It is up to you to arrange to do this. It is important to be able to feel the threads or be reassured that the threads are in place to ensure that it will work properly. The IUS (Mirena) lasts for 5 years, the IUCD (copper coil) lasts for 10 years.

Depo Provera (injection)

Remember to have the next injection on time i.e. that is no later than 12 weeks from the date it was given. Your next injection is due

by.....

Implant

The bandage is to stay on for 48 hours to reduce the bruising and must be kept dry. If you experience any problems after the insertion please consult your GP or Contraception Clinic. This device lasts for 3 years.

Contraceptive Pill

This may be started this evening or tomorrow morning, depending on when you want to start the pill. You must follow the guidelines in your pill packet regarding missed pills and obtaining emergency contraception. You must remember that the pill is only a reliable method if you NEVER forget it. If you are at all likely to forget to take it, or have previously become pregnant whilst taking the pill you might be better suited using one of the other methods above. Please visit the FPA website for further information www.fpa.org.uk about all methods of contraception or missed pills.

Should you need advice or help, please visit your GP or one of our clinics. Please note that the above methods will not protect you from sexually transmitted infections such as Chlamydia etc., and condoms are the only way to prevent transmission of sexually transmitted infections.

Feelings and Emotions

It is normal to experience a wide range of emotions during this time. You may feel sad, tearful, guilt or relieved. If possible, try to talk about these feelings with someone you trust. This may be all you need to come to terms with how you feel. Your emotions, for a variety of different reasons, may also affect the relationship with your partner. Talking to each other can usually resolve any issue.

Sometime emotions may not surface for several weeks or even months. If this happens, specialised counselling is available. **The service is confidential and free of charge.**

Useful Phone Numbers

Beth Nurse Practitioner	☎ 07947 756521
Advice, NHS Direct	☎ 0845 46 47
Own GP or Out of Hours Service	☎ 01633 744285
Nevill Hall Hospital	☎ 01873 732732
Ysbyty Ystrad Fawr Hospital	☎ 01443 802200
Support and counselling, Beth	☎ 01633 431743

Please see the attached list for details of all Contraception Clinics in the area which you can visit for advice about contraception.