

Gynaecological Surgery

Sydney Adventist Hospital is operated by Adventist HealthCare Limited.

Adventist HealthCare is a Christian health care provider owned by the Seventh-day Adventist Church, operating several businesses including: Sydney Adventist Hospital, San Day Surgery Hornsby, San Radiology & Nuclear Medicine, Sydney Adventist Hospital Pharmacy and ELIA Wellness. As a not-for-profit organisation, our purpose is to benefit our community – not shareholders, with all proceeds reinvested back into services and facilities ensuring we provide the best possible care.

Adventist HealthCare originated with the opening of 'Sydney Sanitarium' in 1903 – a place of health and healing where people learned to stay well. Sydney Adventist Hospital, still fondly referred to as 'the San' has grown to become NSW's largest private hospital.

The organisation's reputation for exceptional care is built on the continuous provision of leading medical & surgical care, underpinned by the expertise, commitment and compassion of our people, and our faith-based approach to caring for the whole person – which is reflected in our Mission 'Christianity in Action – caring for the body, mind and spirit of our patients, colleagues, community and ourselves'.



**Adventist
HealthCare**

A healthcare professional in blue scrubs is smiling and holding the hands of an elderly patient. The patient is also smiling and looking up at the professional. The background is a soft, out-of-focus indoor setting.

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INTRODUCTION

THANK YOU FOR CHOOSING US FOR YOUR HEALTH CARE NEEDS.

Sydney Adventist Hospital (fondly known as the San) is a not-for-profit hospital owned and operated as a community service by the Seventh-day Adventist Church. Our staff are highly skilled and committed to providing you with total care in a compassionate, Christian environment. We have been serving the health needs of the community since 1903

and our aim is to ensure you receive the best possible treatment and care during your stay with us.

The San provides a strong support network to you and your family to help manage your hospital stay so you can return home with confidence. At the San, your health and wellbeing are our number one priority.

Please remember that this is a guide that outlines what you can

expect following surgery. Everyone recovers at their own rate. If your recovery does not exactly follow the pattern as set-out in this booklet, it does not necessarily mean there is a problem.

You should not hesitate to discuss any aspect of your treatment and care, or any concerns you may have with our medical or nursing staff. Our main concern is you.

General Information

WHAT TO BRING

- Toiletries
- Cases for glasses, hearing aids or dentures (if required) showing your name
- Something to do (ie. crosswords, book to read, etc.)
- Nightwear (night gowns are often more comfortable and easier to put on and take off)
- Loose fitting clothing to wear during the day and to wear home
- Slippers / slip-on shoes to wear whenever you are out of bed
- Regular medications in original packaging (staff will place these in a labelled bag on admission, and will administer these during your stay and return them on discharge)
- Any walking aids you may use (with name tag attached)
- All relevant x-rays
- Phone charger for your mobile phone

Please bring this booklet with you to the hospital.

NUTRITION

If you require special dietary advice or assistance please discuss this with nursing staff on admission.

STANDARD HOSPITAL POLICIES

There is to be NO smoking or alcohol consumption inside the building or on the hospital grounds. Please wear footwear and clothing outside your room.

DISCHARGE TIME

Discharge is before 10am.

You will need to arrange your own transport home, so plan your transport well before discharge. Please consider the need for someone to accompany you home.

If you do not have a family member or friend able to pick you up before 10am, you will be able to use our Discharge Lounge while you wait for your transport. If necessary, our staff can arrange transport for you (this may incur a cost).

SAN WELLBEING STATEMENT

Adventist HealthCare has a rich history of promoting health and wellbeing for our community – since first opening in 1903 as the ‘Sydney Sanitarium’ – a place where people learn to stay well. As a ‘home of health’ the San recognised from its inception the need to treat people in a holistic manner – with care that included health education, spiritual nurture, nutritious food, exercise, pure water and air, and rest. While many things have changed since then, our Mission and focus on holistic care has remained the same – ‘Christianity in action – caring for the body, mind and spirit of our patients, colleagues, community and ourselves’. Our commitment to wellbeing includes providing services that will support our community members to live healthier lives before, during and after acute care.

GOALS OF CARE

Goals of care are about outcomes and what you would like to achieve through your care or treatment. Before you come into hospital – take some time to think about what is important to you and what you would like to achieve during your stay with us. It is important that the health care team understands your goals, and will discuss these with you when you come into hospital. For further information visit www.safetyandquality.gov.au/publications-and-resources

Before Your Admission and Procedure

BEFORE YOUR ADMISSION

- Your doctor will advise you if you need to attend the Pre-Admission Clinic (PAC) prior to your admission
- During your visit to the Pre-Admission Clinic (PAC) you may see the Anaesthetist and a Case Manager
- Your doctor can advise you of the approximate length of stay following your procedure. However, each person is different and recovers at a different rate
- You will be measured for special (anti-thrombolytic) stockings, either prior to or when you are admitted. These are used to minimise the risk of clots forming in your legs
- Keep your bowels regular
- Our nursing staff are available to discuss and help with any support services you may require after discharge. These arrangements are best organised prior to admission as they may require some time to arrange. These may include transport, home help, respite care for your partner etc
- Discuss how you will be going home with your family

- You should discuss and organise any support/equipment you may need during your recovery period at home
- It may be helpful to prepare and freeze a few meals before your admission. You may also find it helpful to shop online and arrange home delivery of groceries
 - investigate how your local supermarket manages this process

PREPARING FOR YOUR PROCEDURE

Your blood pressure, pulse, temperature and weight will be checked when you are admitted, prior to your operation.

Fasting

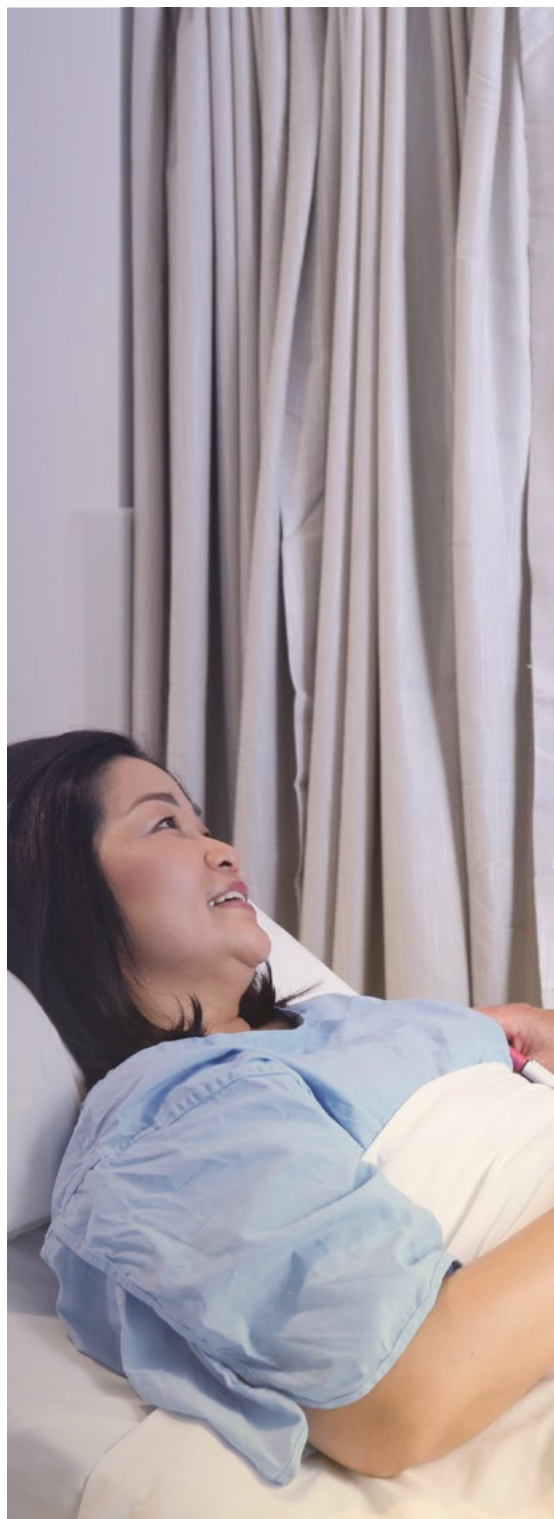
- Staff from Surgical Centre will contact you the day before surgery to confirm your admission time, and when you will need to stop eating and drinking
- Please let staff know if you are a Diabetic or if you have any specific dietary requirements
- You may require a special bowel preparation the evening before surgery if ordered by your doctor

Showering

Please shower before coming to hospital. Do not apply any powder, creams, lotions or makeup.

Equipment

- If you use a walking aid please bring it with you, labelled with your name
- Please let Surgical Centre staff know if you experience **sleep apnoea** and/or use equipment to help with sleep apnoea. Please bring equipment in with you





After Your Procedure

When you return from theatre you may have:

- A 'drip' in your arm delivering fluids (IV fluids & possibly pain relief)
- You may have a drain (small tube) from your wound to help remove any excess fluid or blood
- A dressing over the wound area
- You may require some oxygen which will be administered through small nasal prongs, as narcotic drugs which may have been given during your procedure can reduce your respiration rate
- You may have a urethral catheter connected to a bag on the side of the bed for drainage of urine
- A sanitary pad may be in place, as you may experience some vaginal discharge following your surgery
- You may have a gauze pack in your vagina
- You will be on bed rest initially. When you begin to mobilise will depend on your procedure/surgery. Nursing staff will assist you to mobilise and will help with daily living activities

When you are on the ward

- Nursing staff will regularly check:
 - your catheter and output
 - your blood pressure, pulse, respirations, temperature and oxygen levels
 - your dressing and any drainage tube that may be present
 - the fluids going into your vein
 - your pain level and the effectiveness of your pain relief
 - the amount of vaginal discharge
 - the circulation device (SCD) that has been applied to your lower legs
- During the day following your procedure, your IV fluids and pain relief machine (if applicable) will be removed. Oral pain medication is given as required
- You are encouraged to do regular leg exercises and deep breathing exercises
- Anti-thrombolytic stockings are worn throughout your stay in hospital and should be taken home and worn until you are fully mobile, or as directed by your doctor

MEDICATIONS

- You will be offered regular pain relief. This may come in a number of forms:
 - through an intravenous drip (PCA)
 - tablets
 - injections
 - spinal anaesthetic
 - rectal suppositories
- Please let staff know if pain relief is NOT adequate so that we can make you comfortable
- You may have a degree of discomfort but should NOT have uncontrolled pain
- Your regular medications will be recommenced as ordered by your doctor

HYGIENE AND MOBILITY

- As you may have a number of tubes attached, we ask that you remain in bed until you can be assisted by staff in getting out of bed for the first time
- If you remain on bed rest, nursing staff will assist you with a wash in bed
- For your first shower a staff member will assist you, then you may shower independently
- If you feel you need further assistance please don't hesitate to ask nursing staff

NUTRITION

- Following your procedure, your doctor and nursing staff will advise you on what you are allowed to eat and drink
- Please let staff know if you are having any problems with your urine or bowels

EXERCISE AND PHYSIOTHERAPY

Please note: The following are guidelines only. These exercises are to be commenced in consultation with your surgeon / physiotherapist / nursing staff.

You will be provided with more instructions on exercises to prevent post-op complications by opening airways and improving circulation.

Deep breathing

- Take a deep breath in, focusing on expanding the base of your rib cage
- Hold your breath for three seconds
- Relax and breathe out. Repeat five times every two hours
- Clear secretions with a supported cough

Limb exercises

- Pump your ankles back and forth 20 times every two hours

Rolling in bed

- Bend your knees, keep your trunk aligned with your legs, roll over in one movement without twisting

Getting in and out of bed (under supervision initially)

- Roll as per above instructions
- Lower your legs over the edge of the bed, at the same time as lifting your head. Use your arms to assist yourself into a sitting position
- Reverse the process for returning to bed

Pelvic Floor Exercises

Pelvic floor muscles are located in the pelvis and stretch like a sling from your tail bone to the pubic bone. These muscles support the bladder, uterus and bowel, therefore playing an important role in bladder and bowel control.

To protect your pelvic floor muscles:

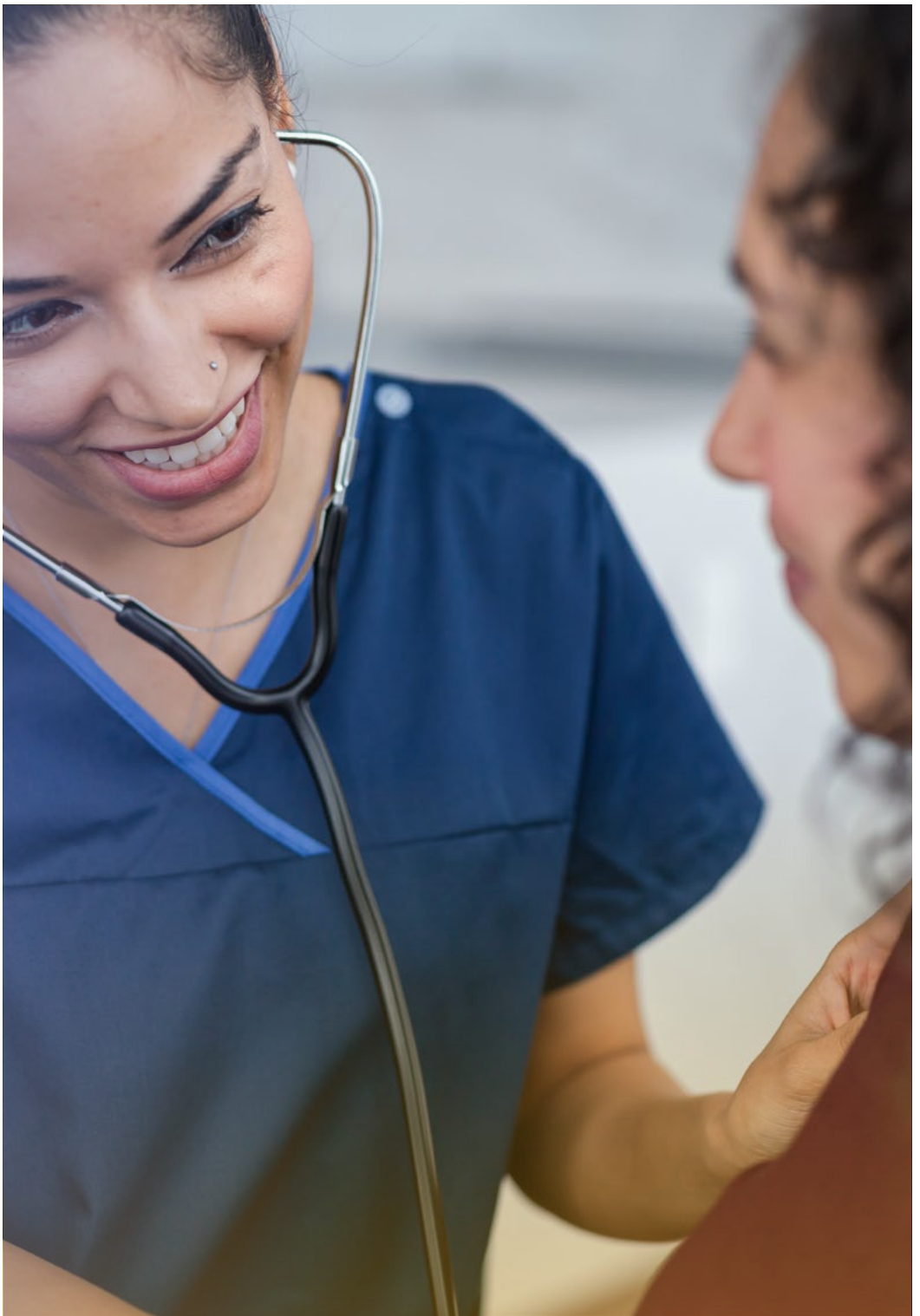
- Avoid constipation
- Learn about good bladder habits
- Avoid heavy lifting and bouncing exercises
- Avoid excessive weight gain

Recent research has highlighted the importance of the relationship between the abdominal, back and pelvic floor muscles.

For physiotherapy appointments please contact **(02) 9480 9350**.

BEFORE YOU ARE DISCHARGED

- Staff will return any medications and x-rays you brought with you
- Your doctor will advise you regarding a post op visit, usually four to six weeks following your surgery



Discharge Information

HELPFUL HINTS

The following are some tips to help you during your recovery phase:

- Wear anti-thrombolytic stockings or follow advice from your doctor
- Gentle walking and rest when you are tired
- For heavy lifting please check with your surgeon
- Keep up a good intake of fluids and resume eating your normal diet
- Try to avoid becoming constipated so that you do not have to strain
- Your vaginal loss will settle over the next few weeks. If you are concerned about an increase in your loss, its colour or smell, please contact your doctor

MEDICATIONS

- Discuss the need to continue regular medications with your doctor
- **Please check with your doctor** about taking aspirin, or tablets with aspirin in them, as well as anti-inflammatory drugs (such as those used for arthritis) as they can cause bleeding post-operatively

- It is not unusual to experience some discomfort after leaving the hospital. Your doctor and nursing or pharmacy staff will advise you on what medication you can take at home

LEAVING HOSPITAL

You will be provided with discharge information when you leave the hospital. If you have any medical concerns after discharge please ring your admitting doctors' rooms, or if after hours contact your local GP or Emergency Care.

RECOVERY

As mentioned previously, recovery differs between individuals and can depend on the extent of your surgery. External scars heal quickly, but internal healing takes considerably longer. It is vitally important to rest and follow your doctor's advice.

Driving your car should be avoided for at least two to three weeks following surgery. Please check with your doctor before you leave hospital.

How to call for help if you are concerned during your stay

The San is committed to ensuring that all our patient's clinical concerns are met, with staff trained to recognise and respond to any worrying change in a patient's condition. We also understand that you know yourself and your loved one best, which is why we have implemented the Clinical Excellence Commission's REACH program, so you can let us know if you notice any new or concerning change in condition.

- R** **RECOGNISE** – Have you noticed a worrying change?
- E** **ENGAGE** – Engage your nurse, doctor or nurse manager
- A** **ACT** – Still concerned? Ask for a clinical review
- C** **CALL** – Call REACH by dialling **9480 9999** or **9999** from an internal phone if still concerned
- H** **HELP** – Help is on the way

Always talk to your nurse or doctor about your concerns first

Always talk to your nurse or doctor about your concerns first.

The REACH program was developed by the NSW Clinical Excellence Commission.

HEALTH AND WELLNESS SERVICES

Visit www.sah.org.au/event-calendar

- Free Annual Women's Health Public Forum featuring presentations by leading medical specialists
- Regular Aqua Fitness classes run by San Physiotherapists

Other San Services

Cancer Support Centre phone (02) 9480 9061

Located on site in the Jacaranda Lodge building, the Cancer Support Centre offers:

- Support groups for patients and carers
- Education seminars, information and resources
- Personal and family support and counselling, bereavement support, phone or drop in support
- Wellbeing programs including meditation, Look Good Feel Better workshops and wig library, exercise classes, yoga, life story writing and art therapy
- Oncology massage by appointment
- Volunteer transport

Jacaranda Lodge phone (02) 9480 9066

- Low cost accommodation on the hospital grounds for families of hospital inpatients or radiation oncology outpatients

Spiritual Care Services phone (02) 9480 6160

- Counselling service for inpatients
- Arranging pastoral visits from various denominations

Sydney Adventist Hospital

IMPORTANT CONTACT NUMBERS

BALDWIN (WOMEN'S HEALTH) WARD (LEVEL 10 CLARK TOWER)	9480 4079
JACARANDA LODGE (ACCOMMODATION ONSITE FOR FAMILY & FRIENDS)	9480 9066
PRE-ADMISSION CLINIC (PAC)	9480 9115
SAN CANCER SUPPORT CENTRE	9480 9061
SAN PHYSIOTHERAPY	9480 9350
SPIRITUAL CARE SERVICES	9480 6160
WOUND CLINIC	9480 9481

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