

Dr Gareth Weston

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Gynaecology, Infertility, Obstetrics

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Gynaecology Surgery – Frequently Asked Questions

● Do I need to fast before surgery?

Yes. You will be given fasting instructions by the hospital. This usually means **no food for at least 6 hours** before surgery and **clear fluids only up to 2 hours prior**, unless advised otherwise.

● Can I take my regular medications?

Most regular medications can be taken, but **some may need to be stopped or adjusted**, particularly blood thinners, diabetes medications, or supplements. Please follow the instructions provided by your doctor or the hospital.

● Can I drive myself to surgery?

Yes. BUT you cannot drive home. You cannot drive within 24 hours after a surgical procedure under an Anaesthetic. Please arrange transport home.

● Can I have surgery if I have my period?

In most cases, **yes**. Having your period does not usually prevent gynaecological surgery. If you are experiencing very heavy bleeding, please notify the clinic.

● What type of anaesthetic will I have?

Most gynaecological procedures are performed under **general anaesthetic**. Your Anaesthetist will discuss this with you on the day of surgery.

● Will I go home the same day?

Many procedures are performed as **day surgery**, allowing you to go home the same day. Some patients may require an overnight stay depending on the procedure and recovery.

● Will I have pain after surgery?

Some discomfort is normal. This may include:

- Lower abdominal pain or cramping
- Shoulder tip pain (after laparoscopy)
- Mild vaginal bleeding

Pain is usually manageable with prescribed or over-the-counter pain relief.

● How long is the recovery?

Recovery varies depending on the procedure: Everyone is different.

- Light activities: **within a few days**
- Return to work: **3–7 days** (longer for physical work)
- Full recovery: **1–2 weeks or as advised**
- Feeling tired for several days after surgery is common.

● Will I have bleeding after surgery?

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Light vaginal bleeding or spotting is normal for several days. **Heavy bleeding** (soaking pads hourly) is not normal and should be reported.

- **When can I drive?**

You must not drive for **24 hours after anaesthetic** and only once you feel comfortable and are no longer taking strong pain medication.

- **When can I resume exercise or sexual intercourse?**

Light activity is encouraged ASAP after surgery

Strenuous exercise, swimming, and sexual intercourse are usually avoided for **1–2 weeks**, unless advised otherwise by your doctor.

- **Are there risks?**

All surgery carries some risk. These may include bleeding, infection, injury to surrounding organs, or anaesthetic-related risks. Dr Weston will discuss risks specific to your procedure.

When should I contact the clinic or seek medical attention?

Please contact us or seek urgent care if you experience:

- Fever or chills
- Increasing pain not relieved by medication
- Heavy vaginal bleeding
- Redness, swelling, or discharge from wounds
- Persistent nausea or vomiting

- **Do I need a follow-up appointment?**

In most cases, a follow-up appointment will be arranged. You will be advised if and when this is required.