

## Gynaecology and Reproductive Medicine

# Laparoscopic hysterectomy day case discharge

## Information for patients, relatives and carers

### Introduction

This leaflet explains what to expect if you have a laparoscopic hysterectomy day case procedure and how long you will stay in hospital. If you have any further questions, please contact Lillian Holland ward: 020 3312 5019 / 020 3312 1721.

Laparoscopic hysterectomy (removal of the womb by keyhole surgery) offers many advantages over 'open' surgery. You are likely to have less pain and scarring after the operation, and should make a quicker recovery, enabling you to get back to your normal activities sooner.

### Going home after your procedure

Traditionally, patients undergoing an 'open' hysterectomy would stay in hospital for at least 1 to 2 nights. However, when the operation has been performed laparoscopically (keyhole) and has been straightforward, you can go home much sooner. Studies show it is safe for patients to go home 4 to 6 hours after the operation. As well as reducing the length of time you will need to stay in hospital, it also reduces the risk of hospital-acquired infections and blood clots developing in the legs (DVT) or lungs (pulmonary embolism).

After a full medical assessment by the gynaecology and anaesthetic teams, you will be selected as a potential candidate for day case discharge. If your operation is in the morning, you may be able to go home the same day. If your operation is in the afternoon, you may be able to go home in the evening or early the following morning.

### What to expect after the procedure

We will give you information on when to seek medical advice and who you can contact if there are concerns after your operation. However, most patients will recover quickly without problems. We will give you painkillers to take home with you.

You must have another adult stay with you for the first 24 hours.

If you go home on the same day as your operation, we will telephone you the following day to see how you are doing, so please ensure we have an up-to-date telephone number.

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## Follow-up

You will usually be seen in the gynaecology clinic between 6 and 10 weeks after the operation.

If you have any concerns about being discharged home within 24 hours of the operation, please tell your doctor who can discuss this further with you.

## Who to contact for more help or information

Please do not hesitate to contact us if you have any queries:

- **Lillian Holland ward:** 020 3312 5019 / 020 3312 1721
- **St Mary's Hospital's switchboard:** 020 3312 6666

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:  
[imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

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