



GYNAECOLOGY PLUS
FERTILITY + BODY + WELLNESS

Minor Surgery

Patient Pre & Post-Operative Handout

Our goal: A smooth, safe recovery. You should feel better each day after surgery. If you are not improving or have concerns, contact FBW immediately.

BEFORE SURGERY (PRE-OP)

Admission Time

- You will receive your admission time the day before surgery. FBW Gynaecology Plus staff will call to confirm.

Fasting

- No food for 6 hours before given admission time
- Small sips of water are allowed until given admission time

Misoprostol (if required)

- If advised, insert tablets into the vagina as close to your given admission time as possible.

Hospital Admission Forms (complete a minimum of 76 hours before surgery)

- Ashford: <https://acha.eadmissions.org.au>
 - North Eastern Community Hospital: <https://app.personifycare.com/register/NECH-Admission>
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WHAT TO PACK

Unless discussed otherwise, you have been booked for a day procedure. There is no need to pack anything. Please ensure you have someone to drop you off and pick you up.

If you are having a Mirena insertion, please ensure you have a script. You will need to fill the script and bring the Mirena on the day of your procedure.

AFTER SURGERY (POST-OP)

Time Off Work

- Most patients only require 1–2 days off work (unless advised otherwise)

Activity & Movement

- Start gentle walking as soon as possible
- Increase activity slowly
- Listen to your body—avoid pain and fatigue

Lifting & Daily Activities

- You can usually return to normal activities within 1–2 days
 - There are no restrictions on lifting unless discussed with your doctor otherwise
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OTHER IMPORTANT GUIDELINES

Intercourse/Tampons

- After 2 weeks

Bathing & Swimming

- Shower as normal
- No baths or swimming for 2–4 weeks

Driving

- Do not drive for 24 hours after anaesthetic
- Check with your insurer before driving

Oestrogen Cream/Pessaries (Ovestin/Vagifem)

- Restart 3 weeks after surgery

WHAT TO EXPECT

Bleeding/Discharge

- Light bleeding or discharge is normal
- Contact our clinic if heavy bleeding, clots, bad smell, or severe pain
- If you have had an ablation, it is common to have a watery like discharge for 2-4 weeks after your procedure

Pain

- Mild cramping or discomfort is normal
- Take Panadol as needed
- Back/hip pain may be from positioning—heat packs and gentle massage can help
- Calf pain, swelling, or redness is urgent—contact our clinic
- Following a Mirena insertion, irregular bleeding and cramping may occur and typically resolves within 4-8 weeks

WHEN TO CONTACT US

- You are not improving each day
- Fever, severe pain, heavy bleeding, wound problems
- Calf pain or swelling

FBW (Business Hours): 8297 2822

After Hours: GP or Ashford Emergency Department 8375 5205

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