



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# After Your Surgery

Information for patients, relatives and carers

① For more information, please contact:

**The Urology Team**

Telephone 01904 721735

The York Hospital, Wigginton Road, York, YO31 8HE

Fiona Ayre  
(Lead) Macmillan Urology Clinical Nurse Specialist

Jo Gales-Todd, Alyssa Frost, Rebecca Marmion,  
Sam Bell, Trish Johnson  
Macmillan Urology Clinical Nurse Specialist

Koren Atkinson  
Macmillan Urology Cancer care Co-ordinator



<b>Contents</b>	<b>Page</b>
Wound Care .....	4
Injections .....	5
General Advice .....	5
Tell us what you think of this leaflet .....	7
Teaching, training and research.....	7
Patient Advice and Liaison Service (PALS).....	7
Leaflets in alternative languages or formats .....	8

You have recently had surgery for .....  
Here is some information about how to care for yourself after surgery.

## Wound Care

If you have had keyhole (laparoscopic) surgery your wounds will have been closed with absorbable stitches that do not require removal. Once you are home, your dressings can be removed if they have not already been removed in hospital. It is fine to shower and bathe as normal.

If you have had an open operation, staples or stitches may still be in place. The hospital team will provide you with a stitch / staple remover to be given to the Nurse that removes your staples. The team will let you know who should take them out and when this is best done. This may be a Nurse at your local surgery or by a District Nurse.

If you have any problems with your wound, such as; redness, swelling, pain, leakage or if you develop flu-like symptoms and a temperature you should contact your GP.

You may experience some discomfort at the wound site. This is usually controlled with simple pain killers such as Paracetamol. Always check the dose. You are advised **not** to take anti-inflammatory medicines such as ibuprofen.

# Injections

Whilst in hospital, the ward nurses may have shown you how to give yourself **Fragmin** injections. This helps prevent blood clots after surgery. Not all patients need this, but if you do, this will have been explained to you. You may have also been given anti-embolic stockings to wear; these too are used to prevent blood clots. You need to continue with both of these for 28 days.

# General Advice

It is normal to feel tired after surgery; try to rest when you need to. It is sensible to try to get some fresh air each day, perhaps having a gentle walk and increasing this daily if you can. You may wish to resume light housework but avoid lifting heavy objects or doing too much too soon.

Your moods and sleep patterns may fluctuate after surgery; whilst this may present challenges for you it is normal.

You may notice your appetite is reduced following surgery and that for a time eating small regular meals may help you regain your strength. A good fluid intake is important. It is fine to drink tea and coffee but try to include water and diluted fruit juice too.

Changes in your bowel habits are normal and will settle down in time. If you need extra support or advice, please ask. You may find mild laxatives helpful at this time.

After your surgery, you may need a little time before you can confidently drive again. Generally, you will need to comfortably do an emergency stop before you should drive again. Remember it is your responsibility to check cover with your insurance company.

We will send you a follow-up out-patient appointment around six to eight weeks after your surgery. If you haven't heard within this time, please call the Urology team. If you are re-admitted to hospital for any reason within 30 days of your surgery, please ask the ward staff to let us know.

If you have any questions, concerns or require further support, please call your G.P. or telephone the hospital Urology team on 01904 72 1735 Mon – Fri 8am – 4pm.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Urology Team, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 721735.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [yhs-tr.FacilitiesmanagementHelpdesk@nhs.net](mailto:yhs-tr.FacilitiesmanagementHelpdesk@nhs.net)

Owner	Fiona Ayre Lead Macmillan Urology Specialist Nurse
Date first issued	April 2018
Review Date	October 2025
Version	3 (Issued October 2023)
Approved by	Urology MDT members
Document Reference	PIL1177 v3
© 2023 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	