

- You can resume sexual activity 4 to 8 weeks after the procedure as per the doctor's advice.
- Sometimes your doctor might advise you to take blood thinning injection following your discharge from the hospital. In this case the clinical pharmacist will train you on self-medication administration.

**You will be informed about the follow up upon discharge**

**Note:** Recovery from surgery may take from 4 to 6 weeks depending on your health status and the type of surgery.

**When to come to the Emergency Department  
Make sure to visit the emergency if you note the following symptoms:**

- Signs of wound infection- redness, edema (swelling), gaping and foul-smelling discharge from the wound.
- If the pain increases in the wound site and cannot be controlled with the prescribed pain medications.
- Fever with chills
- Chest pain and shortness of breath.
- Foul smelling discharge from the vagina or heavy bleeding.
- Burning or stinging sensation during urination.
- Sign of DVT/ Blood clot like swelling in one or both legs with redness, pain, hot sensation, or numbness.



## Recovering from Abdominal Surgeries for Gynecology Patients



**Women's Wellness and Research Center**

for more information, you can call the patient family education unit



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# Recovering from Abdominal Surgeries for Gynecology Patients

## Recovering from Surgery

Recovery following the surgery is determined by several factors including the type and size of incision to the overall health and the nutrition status. This leaflet will discuss the importance of wound cleaning and self-care following the surgery to guide you during your healing process.



## Pain relief

- Depending on your surgery your pain will be managed with appropriate pain killers during your length of stay in the hospital.
- Do deep breathing exercises as taught during the hospitalization.
- Use the pillow to splint the surgical site or support the wound with hands while coughing.
- Take the pain medications on routine basis as advised by the clinical pharmacist upon discharge from the hospital.

## Diet and nutrition

- Following the surgery, you will be given water and clear liquid diet which will be gradually changed to soft diet and normal diet depending on your health condition.
- Eat small and frequent diet to promote digestion.

- Once you are on normal diet include whole grains, fibre rich vegetables, and fruits in your diet to avoid constipation.
- Drink at least 8 glasses of water per day as it helps to promote circulation and prevents constipation.
- Minimize the intake of sweets, spicy, oily, and sour food for few days during the recovery period.

## Wound care

- The wound is covered by a sterile wound dressing for 24-48 hours depending on the type of surgery.
- Once the wound dressing is removed you would be able to take daily shower (avoid tub baths).
- Following the shower pat dry the wound with a clean cotton towel, make sure the wound is dried well.
- After the shower clean the wound gently from one side to the other with the Chlorhexidine 2% antiseptic cleansing cloth if provided by the hospital before discharge.
- Whenever possible expose wound to the room-air to promote healing.
- Daily change the clothes following the shower and wear clean cotton clothes.
- Wash the hands properly before and after touching the wound with soap and water
- Avoid touching the wound unnecessarily and avoid scratching. Keep the fingernails short until the wound heals completely.



## Perineal hygiene

- Clean your perineal area with plain water from front to back and dry properly after each toilet use.
- Wear clean cotton undergarments.
- Following some surgeries there might be slight vaginal bleeding. If you have mild bleeding and spotting keep changing the vaginal pads once in every 3-4 hours.
- Avoid using tampons or douching in the recovery period.

## Resuming normal activity following surgery

- During the first 24 hours following surgery you may feel more sleepy than usual and will need assistance for your normal activities.
- Try to ambulate every 4-5 hours for 10-15 minutes or as your condition permits. Walking will help in the release of gases, improves blood circulation (prevents blood clots), and expedites the healing process.
- During your hospital stay you will be advised the wear elastic stockings to prevent Deep Vein Thrombosis (DVT)/ Blood clot.
- Avoid climbing stairs for first two weeks. If unavoidable make sure to climb slowly one stair at a time (one foot following the other).
- After 2 weeks try to build up your household activities slowly and steadily.
- Do not lift heavy weight and avoid strenuous activity for 4 to 6 weeks or until your condition improves.

**Note:** Some surgical stitches dissolve by themselves. If the surgical incision is closed with staples or clips the doctor will advise you to come to the hospital for its removal.