**Patient information**

**Operation involving opening of the abdominal wall (laparotomy)**

Contemporary methods in surgery have decreased the need for open surgery. It can however be necessary under certain circumstances, particularly if adhesions or complications make keyhole surgery difficult. The abdominal wall is opened as standard method in some cases of cancer surgery.

**Before the operation**   
You have been informed about the operation during the preliminary examination /"journal recording". If you are taking medication, it is important that your medication list is updated.

In order to reduce the risk of infection, it is important that you don't remove your pubic hair during the last 14 days before surgery. This will, if necessary, be done when you come to the ward on the day of your operation

**On the day of admittance** Come directly to Ward 4AC at the time you have been given.

**Operation method/anaesthetic**You will have a general anaesthetic or possibly a spinal anaesthesia/block. If you have a spinal block, the urine catheter will remain in place until the anaesthetic has worn off Afterwards, you should normally get out of bed after a few hours to reduce the risk of blood clots.

A doctor will inform you of findings during the operation, and what has been done, either on the day of the operation, or the following day.

**The day after the operation**   
You should be up and about as much as possible if your condition permits. Discharge from the hospital will be planned so that you can return home shortly after the operation. The risk of complications is reduced by shorter hospital stay.

**Complications**  
There is a risk of complications during any operation, both during and after the surgery. General anaesthetic and other forms of anaesthesia also involve a slight risk.

* Complications associated with spinal anaesthesia are rare, but a temporary headache can occur.
* Bleeding and infection can arise. Injury to intestines and the bladder can happen, but only extremely rarely.
* Blood clots can occur; even though we give you blood thinning medication.

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**After returning home**  
You should continue taking pain relief medication regularly for the first few days, even if you don't have a lot of pain. You can reduce the dose and take it as needed after a few days, when the pain lessens.   
  
You can maintain normal activity at home, light physical activity is only positive. It increase blood circulation and enhance wound healing. You should not lift heavy items, do heavy work, or vigorous sports for the first 3-4 weeks. Smoking inhibits wound healing.

Intercourse, bathing, and use of tampons should be delayed until the vaginal bleeding has stopped.

You will receive a sick note for 2-4 weeks, depending on what type of work you do.

Contact us if you have a fever, heavy bleeding, or increasing pain. The same applies to swollen legs, or increasing shortness of breath.

Gynaecological Ward telephone number **51 51 87 77.**

**Welcome to the Women's Clinic**

Stavanger University Hospital

Kvinneklinikken SUS, December 2022

www.sus.no/kvinneklinikken