

## Hysterectomy Care

Hysterectomy is a medical procedure that involves the removal of the uterus. If the patient's condition calls for it, the doctor may also remove other reproductive organs such as the fallopian tubes, the cervix, and the ovaries. You shouldn't take complications for granted even when there is little risk of complications due to hysterectomy. You should be keen on getting proper hysterectomy care in order to recover more quickly and eliminate any possibility of developing complications.

### Pre-Surgery Hysterectomy Care

Ensure that you don't get complications after your hysterectomy by getting the proper hysterectomy care even before the procedure.

- \* Make sure that you have a diet with lots of fiber to avoid getting constipated from the medication you will take after the surgery.
- \* Stick to a light meal such as a salad on the night before your surgery, and refrain from drinking anything after midnight.
- \* Sleep a lot
- \* Relieve stress by exercising.

### Post-Hysterectomy Care

Make the most of your time after the surgery by doing the things you don't normally get to do, namely to rest and relax. You won't have to go back to work for a few weeks and neither will you have to do any chores at home, so try to take this time to do fun and restful things.

- \* Avoid using tight-fitting clothes.
- \* Make sure you have easy access to a list of phone numbers that you can call should you need hysterectomy care. These numbers should include those of your doctors, family, and friends.
- \* Prepare all the reading materials you've never had time for.
- \* Have a TV and DVD within your reach, so you can enjoy watching your favorite TV shows and movies.
- \* Prepare a music player for when you get tired of reading or watching.
- \* Always have a healthy diet not only for your hysterectomy care but as part of your regular eating habits.
- \* Take painkillers as prescribed by your doctor.
- \* Prepare enough sanitary napkins. Refrain from using tampons.
- \* You can use heating pads, but be careful not to let these directly come in contact with your skin.
- \* Ask others to help you lift heavy things. You must not do any heavy lifting.
- \* Ask others drive you where you need to go and to prepare your meals.
- \* Do not drink alcoholic beverages.

Most importantly, ensure that you diligently go to your follow-up checkups to ensure that you get all the hysterectomy care that you need.

### About the Author

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