



Preparing For Your Upcoming Surgery

Key **Health Tips** From The Luna Clinic

Gynaecological surgery, whether performed through open or laparoscopic (keyhole techniques), is often needed to establish a diagnose and treat conditions affecting the female reproductive system. This includes procedures such as ovarian cyst removal, endometriosis treatment, hysterectomy, fibroid removal, and tubal ligation. While laparoscopic surgery involves small incisions (typically 0.5 to 1.5 cm) and faster recovery, open surgery requires a larger incision and longer healing time. Regardless of the method, proper pre- and post-operative care is essential for a smooth recovery and to minimize complications. If proper care is not followed, risks can include infection, bleeding, blood clots, or complications related to anaesthesia. The goal of successful surgery is to restore reproductive health, alleviate symptoms, and ensure a quick return to daily activities.

01

Pre-Operative Care Advice:

In preparation for your upcoming surgery, our specialist doctors will help to be ready in the following steps:

① Understand the procedure:

Discuss the details, benefits, and risks of your surgery with our experts. Ask questions about what to expect during and after the procedure.



② Tailor operative care to your medical history:

The health needs of every patient is different depending on any conditions such as diabetes, high blood pressure, or allergies. We will work with you to mitigate risks and develop a peri-operative plan to prevent unexpected complications.

③ Follow dietary instructions:

Fasting (no food or drink) for 6-12 hours before the procedure is typically required to prevent complications with anaesthesia. Also, following a light diet before and after surgery can help to speed up recovery.

③ Plan recovery period and return to work:

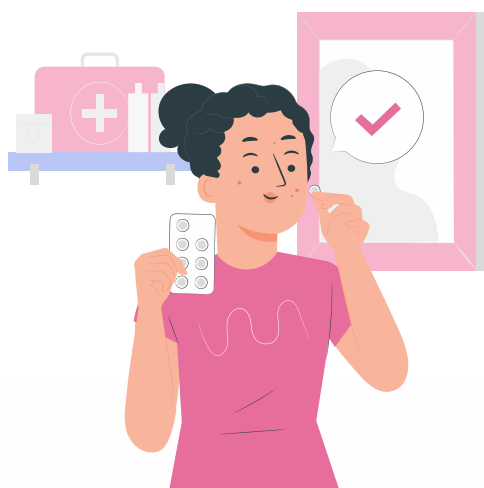
If your procedure may temporarily limit movement, we will help you to plan ahead by arranging assistance for daily activities such as cooking or childcare and also provide advice on return to work and sickness need.

④ Prepare mentally:

Anxiety before surgery is normal. Practice relaxation techniques like deep breathing or meditation to stay calm.

02

Medications and Supplements



① Adjust medications:

Blood thinners, anti-inflammatory drugs (for e.g NSAIDS), and certain hormonal medications may need to be paused to reduce the risk of excessive bleeding.

② Avoid certain supplements:

Herbal supplements like ginkgo biloba, St. John's wort, or garlic extract may interfere with anaesthesia or blood clotting.

③ Pre-surgery antibiotics:

In some cases, antibiotics may be prescribed to reduce the risk of infection.

④ Take prescribed vitamins:

If advised, take iron or vitamin supplements to support recovery and overall health.

03

Lifestyle Modifications

① Quit smoking:

If you smoke, we recommend stopping at least 2-4 weeks before surgery to improve healing and reduce complications.

② Reduce alcohol consumption:

Alcohol can interfere with anaesthesia and slow down the body's recovery process.

③ Maintain a balanced diet:

Eating nutrient-rich foods like leafy greens, fruits, lean proteins, and whole grains will help prepare your body for surgery and recovery.

④ Exercise as recommended:

Light physical activity before surgery may improve circulation and muscle strength, promoting a quicker recovery.



04

Preparing for Your Recovery



① Arrange transportation:

You won't be able to drive yourself home after surgery, so ensure you have someone to accompany you.

② Plan for rest:

Prepare a quiet and comfortable space at home where you can recover without disturbances. If you need a sick note for work or school let us know and we can arrange for one.

Usually, for laparoscopic or hysteroscopic procedures we recommend two weeks off work. For open surgery like an open myomectomy, we recommend four to six weeks off work with phased return depending on the physical demands of the job.

③ Stock up on essentials:

Have sanitary pads (if advised), loose-fitting clothes, prescribed medications, and soft foods ready.

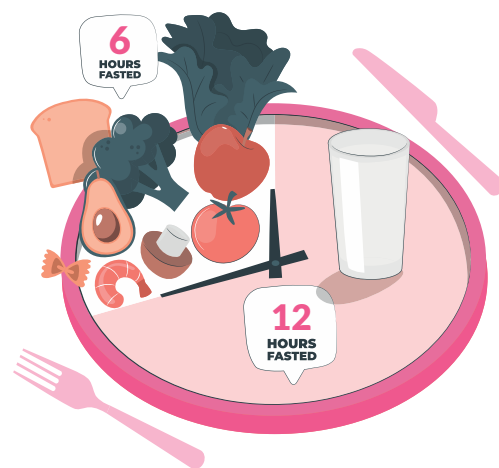
④ Check with us:

We are here to provide guidance on medications, post-op care products, and pain relief options suited to your needs.

The Day Before Surgery:

① Follow Fasting Instructions

We will provide you with specific fasting guidelines. Avoid eating or drinking anything for at least 6–12 hours before surgery, as instructed by the healthcare provider. This helps prevent complications such as aspiration (inhaling stomach contents into the lungs) during anesthesia.



② Take a Shower:

Wash your body thoroughly using an antibacterial soap to reduce the risk of infection. Pay special attention to the surgical area but avoid scrubbing too harshly. Avoid applying lotions, creams, deodorants, or perfumes to your skin, as these can interfere with sterilization procedures.

③ Avoid Shaving the Surgical Area:

Unless specifically instructed by your surgeon, do not shave the area where the surgery will take place. Shaving can cause micro-cuts, increasing the risk of bacterial infections. If hair removal is necessary, the hospital staff will take care of it with proper sterilized equipment.

④ Avoid Intercourse:

Refraining from intercourse minimizes infection risk, prevents cervical irritation, and reduces complications like bleeding or unintended pregnancy, ensuring a smoother surgical procedure and recovery.

⑤ Pack Your Hospital Bag:

Ensure you have all necessary items, including:

- **Medical Records & Medications** – Carry a list of your current medications, dosages, and any allergies. If required, bring your actual medications in their original packaging.
- **Personal Hygiene Items** – Pack a toothbrush, toothpaste, lip balm, face wipes, and any other basic toiletries.
- **Comfortable Clothing** – Choose loose-fitting clothes that are easy to put on after surgery.
- **Eyeglasses Instead of Contacts** – If you wear contact lenses, switch to eyeglasses, as contacts may not be allowed in the operating room.

⑥ Prepare a Support System:

Arrange for a family member or friend to accompany you to the hospital and drive you home post-surgery. If you live alone, ensure someone is available to stay with you for at least 24 hours after the procedure to assist with basic needs such as preparing meals, managing medications, and monitoring any complications.

⑦ Set Up Your Recovery Space at Home:

Before leaving for surgery, prepare a comfortable resting area at home. Arrange essential items (water, medications, phone, remote control, extra pillows, etc.) within easy reach.

Post-Operative Care Advice:

Post-operative care depends on the type of surgery performed.

01

Rest and Recovery



① Light diet immediately after surgery:

The most common reason for prolonged hospital stay is when the bowel goes lazy after surgery (medical term: ileus) causing distention and vomiting. The best way to avoid this is to have a light fluid only diet after the surgery, and a very light diet (like soup) the day after the surgery. This will speed your return to home in a safe and comfortable

② **Early mobilization:**

The sooner you can make it out of bed after surgery, the better! Even if it is to just take few steps around your bed. This will help you to reset your GI system, avoid urine infection, and reduce risk of clots in the legs.

③ **Take it easy:**

Avoid strenuous activities and heavy lifting for at least 4-8 weeks (depending on the surgery type).

④ **Listen to your body:**

If you feel pain or discomfort, rest. Recovery times vary for each person.

⑤ **Gradual movement:**

Walking for a few minutes each day will improve circulation and help prevent blood clots.

⑥ **Chewing gum:**

Studies suggest that chewing gum post-surgery can help stimulate bowel movements and prevent post-operative ileus (intestinal blockage).

⑦ **Monitor for fatigue:**

It is normal to feel tired in the weeks following surgery; gradually increase activities as tolerated.

⑧ **Practice deep breathing exercises:**

This helps improve lung function and prevent post-operative pneumonia.

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02

Pain and Discomfort Management

① **Abdominal pain and bloating:**

Mild cramping and bloating are normal due to gas used during laparoscopic surgery or tissue healing after open surgery.

② **Pain relief:**

Take prescribed or over-the-counter pain relievers as directed.

③ **Support your abdomen:**

When coughing, sneezing, or laughing, gently support your stomach with a pillow to reduce discomfort.

④ **Use heat therapy:**

A warm compress on the lower abdomen can help alleviate cramps and soreness.

⑤ **Follow a medication schedule:**

Take pain relievers at regular intervals rather than waiting for discomfort to increase.

03

Vaginal Care and Bleeding

① **Light vaginal bleeding:**

Some spotting or light bleeding is common for a few days after surgery. Use sanitary pads instead of tampons.

② **Avoid intercourse, tampons, and swimming:**

Sexual activity should be avoided for at least 4-6 weeks or until we confirm you are fully healed. Any water or foreign body that enters the vagina after surgery can increase the risk of infection so best avoided for 4-6 weeks until wounds have healed well.

③ **Hygiene:**

Keep the vaginal area clean and dry to prevent infections. Avoid douching or using perfumed products.

④ **Watch for unusual symptoms:**

If you experience foul-smelling discharge, heavy bleeding, or severe pain, contact us immediately.

04

Scar Healing and Incision Care

① **Keep the area clean and dry:**

Avoid soaking in baths or swimming until your incisions are fully healed.

② **Use scar treatment products:**

To reduce scarring and improve healing, consider using the following over the counter creams:

- Cicafate Scar Avene
- Contractubex Gel
- Kelo-Cote Gel
- Fita de Silicone

③ **Wear loose clothing:**

This helps prevent irritation and promotes airflow for better healing.

④ **Massage the scar area:**

Once healed, gently massaging the scar may improve elasticity and reduce stiffness.

05

Diet and Hydration

① **Stay hydrated:**

Drink 8-10 glasses of water daily to prevent dehydration and help digestion.

② **High-fiber foods:**

Eating plenty of fruits, vegetables, and whole grains will help prevent constipation.

③ **Avoid heavy or greasy foods:**

These may cause nausea or digestive discomfort.

④ **Monitor bowel movements:**

Ensure regularity to prevent complications such as bloating and constipation.

We recommend a follow-up in 6-8 weeks to review progress and discuss treatment plan. If you are worried, you can contact us on: info@thelunaclinic.com. Let us know if you have ongoing pain, irregular bleeding, or any unusual symptoms.

Warning Signs – When to Seek Help: Contact your healthcare provider immediately if you experience:

- Severe or worsening pain that is not relieved by painkillers.
- Persistent nausea or vomiting, which could indicate a reaction to anaesthesia or other complications.
- Fever over 38.5°C, as this may be a sign of infection.
- Heavy or prolonged vaginal bleeding that soaks through multiple pads in an hour.
- Difficulty urinating or passing stools, which may indicate a complication requiring medical attention.
- Excessive swelling, redness, or discharge from your incision sites, as this could mean an infection.
- Signs of a blood clot, such as pain, redness, or swelling in your calf.

Conclusion:

Recovering from gynaecological surgery takes time, and every patient heals differently. By following the care guidelines recommend by the LUNA medical team, you can ensure a smooth and comfortable recovery. If you have any questions, concerns, or need personalised recommendations for post-op care products, don't hesitate to reach out. We're here to support you every step of the way.

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