St.Vincent
GYNECOLOGIC ONCOLOGY

INSTRUCTIONS FOR YOUR ROBOTIC HYSTERECTOMY

- **What is Robotic surgery?**

  A robotic surgery is a more advanced, minimally invasive laparoscopic surgery done under general anesthesia. During surgery, laparoscopic instruments are held by a robot while the physician operates them from the console located in the same room. Robotic surgery gives the doctor a better view of the anatomy and more precise instruments, which translates into less complications and faster recovery for you.

- **During Surgery**

  After you are put to sleep, the anesthesiologist will put a breathing tube in your throat. This sometimes causes a sore or scratchy throat that evening and the next day. The gas that is used in the abdomen during your surgery will often cause shoulder pain. You will have pain pills to take home with you for this. You may also have abdominal distension (a very bloated feeling) if all of the gas is not completely released. This will disappear in a day or two. You may also feel a little sore around the incision area. During surgery your legs will be placed in stirrups and you will be carefully padded with foam. In order to better see your pelvic structures, the operating table will be tilted with your legs being up and head down. This will result in swelling of your face and neck, and occasionally blurred vision, which resolves in 24 hours.

- **After Surgery**

  You may feel nauseated from the effects of anesthetics. You will be able to order food, and most patients choose to have a light meal or fluids after their procedure. If you are awake enough, you will be allowed to walk with your nurse's assistance. You will receive pills for pain control at scheduled intervals. Intravenous pain medication and anti-nausea medication will be available on an as-needed basis.

- **The first day after surgery**

  A catheter from your bladder will be removed in the morning. You will be encouraged to walk with your nurse's assistance. If there are no unexpected complications, you should be ready for discharge around lunch time. You will receive a prescription for pain medication similar to the one that you will be taking in the hospital.

- **Follow up**

  The stitches do not need to be removed; they dissolve on their own. For your safety, you should not drive a car for 24 hours after your surgery due to the effects of the general anesthesia or until you are able to hit the brakes without significant delay/discomfort. You may shower the following day and remove the Band-aid. If you choose, you may keep the area covered with a Band-aid, but this is not necessary.

  Call the office (317-415-6740 or toll-free at 888-488-1145) if the incision becomes red, sore, and drains or if you develop severe pain, bleeding or a temperature of 101º.

  We will see you in 2-3 weeks, when we will discuss pathology results and possible need for further treatment (vaginal brachytherapy, external radiation, or chemotherapy). Six weeks after surgery you will have a pelvic examination. Since after robotic surgery it takes longer for the vagina to heal, you will be advised not to have sex or place anything in the vagina for 10 weeks. While most patients are able to go back to work 3 weeks after surgery, keep in mind that your recovery time also depends on underlying medical conditions and activity level before and after surgery.