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REMOVAL OF CERVICAL SUTURE: POST – OPERATIVE CARE

Eating and drinking

You are free to eat and drink when you return to the ward.

Pain relief

The spinal anaesthetic will take several hours to wear off. When this wears off, you may need ongoing pain relief although this is rare. In the ward you may require Paracetamol, Panadeine or Panadeine Forte, Pethidine or Tramadol to ease your discomfort. It is very common to have a little cramping pain after a cervical suture is removed and this will continue for several days. It is not a sign of labour.

Antibiotics

You may have been administered antibiotics during the course of the procedure. Unless I specifically indicate to you, it is not necessary to continue taking antibiotics following surgery.

Prevention of deep venous thrombosis (DVT)

Depending on your risk of developing a deep venous thrombosis you may have been given a prophylactic injection at the time of surgery. Under certain circumstances this may need to continue for several days or even longer after the procedure. I will inform you if this is the case.

Blood loss

Bleeding is always present for a few days following a cervical suture removal for a few days and will then settle. It is not normal to have bleeding that is any heavier than a period occurring more than 48 hours after a cervical suture is removed.

Fever

Temperatures above 38 degrees are not normal following this procedure and will require investigation. If this occurs you must telephone me.

Lifting

You should avoid any lifting for two days following the removal of a cervical suture. If you have a young child you should make every effort to avoid lifting unless this is absolutely necessary.

Driving

You will be generally physically ready to drive the day after you leave hospital. When you are driving you should ensure that you are not lifting any heavy objects into or out of the car including your children unless this is absolutely necessary.

Exercise

I prefer that you avoid all forms of exercise for two days after a cervical suture is removed.

Sexual relations

I prefer that you do not have sexual relations for two days after the procedure. This includes all forms of sexual relations and orgasm.

Bowels

Constipation is very common during pregnancy. The best way to avoid constipation is to ensure an adequate fluid and fibre intake. Two glasses of pear juice daily is another very effective way to prevent constipation. Alternatively kiwi fruit (sliced paper thin with the skin still on) is also very effective. If this is inadequate in preventing constipation you will need to discuss this with me rather than choosing any over the counter alternatives without my advice.

Labour

Occasionally, removing the cervical suture can precipitate labour so I will have advised you to bring your bags with you just in case this occurs. Generally, labour will not follow removal of a cervical suture and you will be discharged home to await the onset of labour.