



Dr. Jason Tan
Gynaecologic Oncologist
MBBS, FRANZCOG, CGO

PATIENT INFORMATION SHEET



ABOUT DR JASON TAN

Dr Jason Tan attended Hollywood Primary and High School prior to completing his medical degree at the University of Western Australia. After obtaining specialist degree in Obstetrics and Gynaecology, a further fellowship in advanced gynaecological endoscopy was completed. After this, subspecialty training in Gynaecological Oncology occurred in Melbourne, Tokyo and Brisbane. After obtaining subspecialist certification in Gynaecological Oncology, Jason completed his final fellowship in Upper GI surgery at Sir Charles Gairdner Hospital.

Jason's main area of interest in Surgical Oncology, but will also accept referrals for Complex Benign Gynaecology.

Jason consults in his private rooms on **Tuesdays** and **Fridays** and performs surgical procedures privately **Tuesdays** and **Wednesdays**. His commitment to the public health service at King Edward Memorial Hospital comprises the remainder of his week.

YOUR ADMISSION

Please refer to your St John of God Subiaco 'Admission Guide Information for Patients' booklet for information regarding your admission. Prior to your surgery, SIOG admissions staff will phone you to confirm details regarding your hospital stay.

BEFORE COMING TO HOSPITAL

Staying fit and healthy prior to your surgery can help with your recovery. Try to give up smoking or at least reduce the number of cigarettes you smoke leading up to your admission.

If you would like assistance to quit smoking, you can call the Quitline on 131848 or visit the website [HYPERLINK "http://www.quitwa.com"](http://www.quitwa.com) www.quitwa.com.

If you have children, you may need to organise a family member or friend to help while you are in hospital and recovering.

Bowel preps/Enemas are no longer routinely given prior to surgery. Current evidence suggests that this is not necessary. You will be advised at your pre-op consult if you are to have one.

You will need to fast prior to your surgery. This means you cannot eat, drink or smoke from 12 midnight if your surgery time is between 8-12am; or fast from 06:30 after an early breakfast if your surgery time is between 1-5pm. You may have a small sip of water with morning medications, if required. After showering prior to admission do

not put anything else on your skin. i.e. make up, deodorant, talc or creams. Remove any nail varnish and leave all jewellery at home.

WHAT TO BRING TO HOSPITAL

Please bring comfortable clothes/nightwear for your stay in hospital, some pads and your usual toiletries. Any reading, hearing or walking aides will also be necessary. You will need to bring all your usual medications with you. You may like to bring reading material and a small amount of cash for snacks, magazines or the paper but please leave any jewellery or valuables at home as you will need to remove jewellery prior to the surgery.

AFTER YOUR OPERATION

The nursing staff on the ward will assist you with all your post-op care. They will teach you how to self inject clexane abdominally which is necessary to prevent DVT formation. Patients are encouraged to mobilise early as this helps with your recovery.

If you have had laparoscopic (keyhole) surgery, your hospital stay will be 1-2 nights.

For abdominal surgery (laparotomy), you will most likely be in hospital 4-5 nights. Depending on your recovery, it may sometimes be necessary to stay in longer.

It is not uncommon that a few days after your surgery, your mood will take a dive, just like post-partum depression. If you expect it, then it is less likely to cause you problems. Being teary or even crying commonly occurs.

WHEN YOU GO HOME

Pain Relief

When you go home, you might like to take some simple analgesia such as Paracetamol for the first few days as this will keep you mobilising and aid in your recovery.

Wound Care

Your wound should be kept clean and gently pat dry after washing to discourage infection. You might experience a little redness around your wound. If it increases, becomes hot to the touch, or has a smelly discharge, please see your GP in case you have an infection in your wound.

Bleeding

You may notice some vaginal bleeding after your operation. This can be quite normal, especially if it is

becoming less each day. If your loss is getting heavier or like a heavy period, please contact the practice so that you can be assessed.

Exercise

No exercise, sex, swimming or lifting (more than 4kg) for 6-8 wks following your operation to allow optimal healing of your wounds. Please take caution for a further 6-8wks once you have recommenced lifting washing, shopping etc.

Driving

If you have had laparoscopic surgery, you should not drive a vehicle for 4wks. If you had a laparotomy (abdominal wound), then do not drive a vehicle for 6wks. Always check with your car insurance company first to find out what their protocol is.

Rest

Always try to rest as much as you can after an operation, as this will help you return to your usual routine as soon as possible. Eat healthy foods and drink plenty of water (about 2 litres a day is recommended) to aid in your recovery.

Bowels

It is common to have fewer bowel movements in the days after your surgery as you have decreased your food intake, activity levels, and the bowel often responds to surgery by 'going to sleep'. To return your bowels to normal function it is important to mobilise early and take any stool softeners or laxatives as prescribed. It is very important to avoid constipation during the weeks after your surgery because it would cause you to strain and increase the pressure in your abdomen, causing damage to your wound site and any internal stitches. Dr Tan usually recommends oral laxative for 7 days after the operation.

RESULTS OF PATHOLOGY

Any specimens removed at the time of your surgery will be sent to Pathologists specialising in Gynae Pathology. It takes about 10 days for these results to be finalised. Cases of malignancy will also be presented at the Western Australia Gynaecological Tumour Board Meeting attended by Dr Tan together with other Surgeons, Pathologist, Medical Oncologist, Radiation Oncologist and Oncology Nurses. After comprehensive discussions at this meeting, recommendations on any adjuvant treatment if required will be made. Dr Tan will then call you to discuss them, usually on a Friday morning.

If results are benign rather than malignant, Dr Tan's nurse will call to inform you of results. A separate letter documenting your results and recommendations will be sent to your referring doctor/GP. If you have elected to receive results via email, an email will be sent to your preferred address.

HORMONE REPLACEMENT THERAPY

You may be prescribed HRT if you have had your ovaries removed during surgery but have not yet reached menopause. There is no evidence that hormone replacement therapy is harmful when given to women who should not yet be menopausal. Special circumstances do occur (eg. If you have had breast cancer) and Dr Tan will discuss in detail with you if so.

POST-OP APPOINTMENT

You will have a follow-up appointment booked for 6-8 weeks after your operation so that Dr Tan can assess your healing and answer any questions you may have.

WHEN TO SEEK HELP OR FURTHER ADVICE

You should seek advice from your GP or Dr Tan if you experience any of the following :

- Persistent vaginal bleeding
- Passing large clots (larger than 50c coin) or tissue
- Offensive smelling vaginal discharge
- An elevated temperature (over 38Deg C)
- Nausea or vomiting that is worsening
- Increasing abdominal or back pain not relieved by taking analgesia
- Pain, burning or stinging when passing urine, frequency or difficulty in emptying your bladder
- If you have a wound – persistent redness, pain, ooze or increasing swelling around the incision or an enlarging bruise around the incision site

If you have a problem after your operation and you have been discharged from hospital:

During business hours: call Dr Tan's rooms
After hours: after-hours manager at SJOG Subiaco
Emergency requiring urgent assistance: KEMH ED
If you are happy to see your GP, then please do so.

Please do not hesitate to contact Dr Jason Tan's rooms if you have any queries or would like to discuss any matters to do with your care.
(Ph: 9468 5188)



Dr. Jason Tan
Gynaecologic Oncologist
MBBS, FRANZCOG, CGO

WOMEN Centre - Suite 20
2 McCourt Street, West Leederville, WA 6007
P: + 61 8 9468-5188 F: + 61 8 9381-2006
admin@gynonc.com.au
www.gynonc.com.au