

**PREVENTION OF POSTOPERATIVE COMPLICATIONS AFTER
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Annotatsiya: Ushbu maqolada bachadon bo‘yni saratoni mavjud bo‘lgan bemorlarda jarrohlik muolajasidan keyingi asoratlarni oldini olish masalalari keng yoritilgan. Mavzuning dolzarbligi, kasallikdan keyingi davrda uchrashi mumkin bo‘lgan asoratlar, ularning organizm va psixologik holatga ko‘rsatadigan ta’siri hamda profilaktik choralar zarurligi asoslab berilgan. Operatsiyadan oldingi tayyorgarlik, bemorning ahvolini baholash, zamonaviy jarrohlik texnologiyalari va individual yondashuv asosiy o‘rin tutadi. Shuningdek, operatsiyadan keyin parvarish, infeksiyani oldini olish, yara bitishini tezlashtirish, limfostaz, va boshqa uzoq muddatli asoratlarning oldini olish uchun tavsiya etiladigan amaliy va samarali usullar tahlil qilingan. Reabilitatsiya jarayonida fizioterapiya, muvozanatli ovqatlanish, psixologik yordam, tashkil etilgan tibbiy nazorat va oilaviy qo‘llab-quvvatlashning ahamiyati alohida ta’kidlangan. Annotatsiyada, jarrohlikdan so‘nggi asoratlarni oldini olishda kompleks, uzluksiz, zamonaviy va shaxsiylashtirilgan yondashuvning muhimligi asoslanadi.

Kalit so‘zlar: bachadon bo‘yni saratoni, jarrohlik, asoratlar, oldini olish, reabilitatsiya, hamshiralik parvarishi, zamonaviy tibbiyot.

Аннотация: В данной статье подробно рассматриваются вопросы профилактики осложнений после хирургического лечения пациенток с раком шейки матки. Обосновывается актуальность темы, возможные осложнения в послеоперационном периоде, их влияние на организм и психологическое состояние, а также необходимость профилактических мер. Основные аспекты

включают предоперационную подготовку, оценку состояния пациентки, современные хирургические технологии и индивидуальный подход. Также анализируются практические и эффективные методы, рекомендуемые для послеоперационного ухода, профилактики инфекций, ускорения заживления ран, лимфостаза и других долгосрочных осложнений. Подчеркивается важность физиотерапии, сбалансированного питания, психологической поддержки, организованного медицинского наблюдения и поддержки семьи в процессе реабилитации. Аннотация обосновывает важность комплексного, непрерывного, современного и персонализированного подхода к профилактике послеоперационных осложнений.

Ключевые слова: рак шейки матки, хирургия, осложнения, профилактика, реабилитация, сестринский уход, современная медицина.

Abstract: This article extensively covers the issues of preventing complications after surgery in patients with cervical cancer. The relevance of the topic, possible complications in the postoperative period, their impact on the body and psychological state, and the need for preventive measures are substantiated. Preoperative preparation, assessment of the patient's condition, modern surgical technologies, and an individual approach are the main ones. Also, practical and effective methods recommended for postoperative care, prevention of infection, acceleration of wound healing, lymphostasis, and other long-term complications are analyzed. The importance of physiotherapy, balanced nutrition, psychological support, organized medical supervision, and family support in the rehabilitation process is emphasized. The abstract substantiates the importance of a comprehensive, continuous, modern, and personalized approach to preventing post-surgical complications.

Keywords: cervical cancer, surgery, complications, prevention, rehabilitation, nursing care, modern medicine.

INTRODUCTION

Among patients with cervical cancer, there are various stages of the disease, and issues arising during the surgical stage and their solutions are becoming increasingly relevant. This is because the surgical process serves as the foundation for the patient's quality of life, post-cancer rehabilitation, psychological and physical recovery, and long-term well-being. The significance of cervical cancer for public health is very high. Surgical methods are often recommended as the last resort in the treatment process. Complications after surgery negatively affect not only the patient's health, but also other aspects of women's lives. Therefore, it is crucial to thoroughly study and implement ways to prevent, significantly reduce, or completely eliminate these complications. Post-surgical complications vary. Sometimes these complications require patients to undergo long-term treatment and rehabilitation. In elderly women,

those with chronic comorbidities, or weakened immune systems, the risk of complications further increases. Common complications include infections, inflammatory processes, lymphedema, lymphorrhea, scarring (wound healing problems), bleeding, pain, psychological issues, as well as disorders in urinary, digestive, or hormonal functions.

LITERATURE REVIEW AND METHODOLOGY

Prevention of post-surgical complications is especially important for pregnant women and those of reproductive age. This is because these complications directly affect quality of life after the operation and future fertility. At this stage, the main attention should be paid to selecting modern, effective, safe, and minimally invasive treatments, as well as ensuring proper and consistent post-operative care, timely implementation of preventive measures, and constant monitoring. First of all, patients must be well prepared for surgery, their psychological and physical conditions assessed, and comprehensive information about possible risks provided. When patients enter the process well-prepared, the extent of complications decreases and rehabilitation time shortens. Using modern surgical technologies and minimally invasive, highly precise approaches reduces the likelihood of complications [1].

The first three days after surgery are considered the most crucial. During this period, professional medical care, infection prevention, careful monitoring of the wound, and pain management are key priorities. When necessary, antibiotics are prescribed; frequent washing, disinfection, and other preventive measures are carried out. Proper nutrition, increased fluid intake, and mobilization are also important. In weaker patients, organizing fluid and nutrition intake correctly helps prevent the development of pressure sores [2].

In the second stage after treatment, diagnostic monitoring is conducted to prevent long-term complications. At this stage, patients are recommended physiotherapy exercises to normalize lymphatic flow, promote faster scarring, and boost immunity. Where necessary, urinary tract flushing, urine retention control, and maintaining hormonal and metabolic balance are also advisable. Another important aspect is monitoring psychological and physiological indicators through laboratory and instrumental tests. In severe cases—such as heavy bleeding, deep lymphedema, severe infection, or extensive scarring—the treatment and prevention strategy is broader. In such situations, the surgeon's correct decision-making and application of up-to-date, personalized treatment strategies are guarantees of success. Factors such as patient age, comorbidities, immune state, and other factors are also considered.

The use of modern, minimally invasive, and less painful surgical techniques—such as laparoscopic, endoscopic, and laser interventions—is particularly effective in reducing post-surgical complications. These methods minimize tissue growth,

inflammation, and the risk of damage to lymphatic systems and organs. Minimally invasive procedures help patients restore quality of life and recover faster [3].

DISCUSSION AND RESULTS

One of the most important aspects is maintaining effective communication and education with the patient and their family. Every patient should receive sufficient information about possible post-operative issues and be able to perform initial self-care measures independently. Medical staff should ensure proper wound sanitation, monitor scar condition, protect from sunlight and external factors, and advise on maintaining physical activity and hygiene. Long-term care focuses on maintaining functionality. Physiotherapy, massage, light physical exercise, healthy nutrition, bolstering immunity, hygienic care, and controlling the internal environment are crucial. In cases of severe depression, psychological support, social services, and family counseling are also important. Otherwise, not only the patient but also their family and community may suffer negative consequences. If the patient develops significant organ dysfunction or experiences prolonged physiological problems, it is essential to seek re-examination, additional treatment, or medical intervention from a specialist. If any changes are felt—such as pain, stiffness, swelling, fever, or overall deterioration—the patient must immediately consult a doctor. This enables early identification of complications and prevents their progression. Modern medical services based on comprehensive post-surgical care and rehabilitation, involving collaboration between relevant specialists—oncologists, gynecologists, inflammation and immunity experts, and psychologists—significantly improve patients' quality of life [4].

At present, creating strong conditions in hospitals that perform cervical cancer surgeries—including qualified medical staff, modern equipment, and well-established infrastructure—is also of great importance for reducing complications. During the treatment process, it is essential to follow standard protocols in a complementary manner; continuous communication between doctors and patients ensures the improvement of the patient's overall condition, as well as mental and physical recovery. In addition, constant monitoring of clinical and laboratory indicators, timely use of physiotherapy and modern medications when necessary, attention to nutrition and hygiene, psychological support, and maintaining family and social connections—all of these are important parts of a comprehensive approach. Finally, preventive measures for avoiding post-surgical complications must have a robust laboratory and practical foundation, and be conducted based on an individualized program tailored to the patient. This, through ongoing research and the introduction of modern science and advanced technologies, can serve as a guarantee for women's health [5].

Conclusion

Treating cervical cancer through surgical methods is one of the main tasks of modern medicine today. Preventing complications is primarily associated with up-to-

date hygienic, care, and prophylactic measures. Proper organization of preoperative preparation, postoperative care, and long-term rehabilitation is the guarantee of the patient's quality of life, the speed of recovery, and future health. Complications can be prevented by systematically implementing clinical and laboratory examinations, modern medical technologies, and the most effective rehabilitation measures. It is also essential to regularly improve the skills of healthcare professionals and to introduce modern technologies and new treatment methods into practice. For patients and their families, promoting a healthy lifestyle, expanding social and psychological support, and protecting women's health through comprehensive preventive measures is of utmost importance, and continuous research in this field should be carried out.

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