



**POST OPERATIVE HOME INSTRUCTIONS: ABDOMINAL HYSTERECTOMY OR OTHER
ABDOMINAL GYNECOLOGIC SURGERY**

ALWAYS FOLLOW YOUR DOCTOR'S ORDERS IF THEY DIFFER FROM THIS SHEET

Activity:

You may increase your activity as tolerated.

You should not drive until you are no longer taking pain medication, you are able to depress the brake without pain or discomfort, and you are able to twist and look behind you without discomfort. Please do not have sexual relations after the surgery until specifically told it is ok.

Pain:

Moderate discomfort at the site of the incision may be present for several weeks.

Take pain pills as directed by your physician.

Incision:

Keep incision(s) clean and dry and monitor it for signs of infection (increased pain, redness or drainage)

You may shower. Just remember to dry your incision afterwards. A bath is fine one week after surgery.

You may have a blood tinged discharge for several days to several weeks, depending on the exact procedure that was performed.

Bowels:

It is important to keep your bowels regular during the postoperative period.

A bowel movement every other day is reasonable.

Use a mild laxative if needed and call if you are having problems. (Milk of Magnesia 2-3 Tablespoons, or 2 Dulcolax tablets for example)

Symptoms to Report to the Doctor:

1. Redness, swelling or drainage from incision
2. Continued bloody drainage, foul smelling drainage, or bright red bleeding
3. Severe or unusual pain not relieved by pain medication
4. Nausea or vomiting
5. Fever, chills and/or temperature above 100.5 degrees.