



9195 Grant Street, Suite 410  
Thornton, CO 80229  
Phone: 303-280-2229(BABY)  
Fax: 303-280-0765

300 Exempla Circle, Suite 470  
Lafayette, CO 80026  
303-665-6016  
303-665-0121

6363 West 120<sup>th</sup> Avenue, Suite 202  
Broomfield, CO 80020  
303-460-7116  
303-460-8204

[www.whg-pc.com](http://www.whg-pc.com)

---

## **POST OPERATIVE HOME INSTRUCTIONS: VAGINAL 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 in the vaginal area and lower abdomen may be present for several weeks

Take pain pills as directed by your physician.

#### **Incision:**

If you had a laparoscopic-assisted vaginal hysterectomy you will have two or three small lower abdominal incisions. Keep incision(s) clean and dry and monitor it for signs of infection (increased pain, redness or drainage)

You may shower or take a tub bath. Just remember to dry your incision afterwards.

You may have a blood tinged discharge for several days to several weeks, depending on the exact procedure that was performed. You should not place anything in the vagina (intercourse, douching or tampons) for about four to six weeks. This will allow time for the vaginal incision to heal.

#### **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 (if present)
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.