

POST-OPERATIVE INSTRUCTIONS

ABDOMINAL HYSTERECTOMY OR OTHER ABDOMINAL SURGERY

1. **INCISION** – You may remove the Steri-Strips 1 week after you go home from the hospital. They are waterproof. A small amount of discharge from the incision requires only gentle cleansing with hydrogen peroxide. If there is a large amount of drainage, please call our office.
2. **ACTIVITY** – Climbing stairs, walking, and housework can be resumed at your own pace. You may resume driving 1 to 2 weeks after surgery. Vaginal intercourse should be delayed until 6 weeks after surgery in order to allow the vaginal incision to heal properly. You may bathe or shower.
3. **VAGINAL DISCHARGE** – Spotting or mild, dark, bloody discharge may continue off and on for several weeks, as the vaginal incision is healing.. You should call the office if you have heavy bleeding.
4. **HORMONES** – If one or both of your ovaries remain and you are not menopausal, there is no need for supplemental estrogen. If your ovaries were removed at the time of your surgery, we recommend starting on hormone replacement therapy with estrogen soon after your surgery. If you are having severe symptoms of menopause (such as hot flashes) prior to your post-operative visit, please call the office for an estrogen prescription.
5. **BLADDER** – You may experience a feeling of urgency in voiding or the need to urinate more often than usual for a few weeks after your surgery. This will gradually improve. It is important to drink lots of fluids (8 to 10 glasses a day). This will decrease the risk of urinary tract infection. Please call if you have persistent burning or other discomfort with urination.
6. **BOWEL MOVEMENTS** – Sometimes it takes several days after surgery before you will start having normal bowel movements. You are welcome to take over-the-counter laxatives such as Milk of Magnesia or Peri-Colace if you become constipated.
7. **FEVER** – Please call if you have a fever greater than 100.5 degrees on two separate readings.
8. **POST-OPERATIVE VISITS** – Please call the office to schedule a post-operative visits for two weeks and six weeks after surgery.
9. **PAIN MEDICATION** – You may take Extra Strength Tylenol (2 tablets every 4 hours) or Advil, Nuprin, or Motrin-IB (3 to 4 tablets of 200 milligrams ibuprofen every 6 hours with food) as needed for post-operative pain. A narcotic pain reliever, such as Percocet, may be prescribed for the first few days after surgery.

UTAH VALLEY WOMEN'S CENTER
OFFICE TELEPHONE NUMBER 801-357-7009