

POST-OPERATIVE INSTRUCTIONS

LAPAROSCOPIC ASSISTED VAGINAL HYSTERECTOMY, LAPAROSCOPIC HYSTERECTOMY, OR LAPAROSCOPIC SUPRACERVICAL HYSTERECTOMY

1. If you had a general anesthesia, your throat may feel sore from the tube that was placed in your trachea during the procedure. You may use throat lozenges if you desire.
2. You will have three or more small incisions in your abdomen. The stitches are under the skin and will be absorbed in time. They do not need to be removed. Your incisions may be tender. You may clean them as needed daily with warm water or hydrogen peroxide. If your incisions are covered with Band-Aids, remove them 2 –3 days after surgery. If you have Steri-Strips on the incisions, they should be removed 7 days after surgery. They are waterproof. Don't worry if they fall off before 7 days.
3. It is suggested that you take mostly liquids on the first day after your surgery as well as Jello, soft drinks, and soups. On the second day after surgery, if you do not have any abdominal swelling or gas pains, you may eat and drink as usual.
4. You may have some shoulder or neck pain after your surgery. This is caused by the gas used to inflate your abdomen in surgery and will resolve spontaneously.
5. You may have some slight vaginal spotting in the first weeks after surgery as the vaginal incision heals. You should not resume intercourse until 8 weeks after surgery.
6. You may feel quite tired from the anesthesia for the first few days after your surgery.
7. Estrogen will be prescribed for you if your ovaries were removed at the time of your procedure or if you are menopausal. This medication should be taken daily. It is recommended that you maintain a calcium intake of 1500 mg per day. You can get this through diet, supplements, or a combination. You should also take a supplement of vitamin D of 400 – 800 units daily.
8. After you go home from the hospital, please call the office to schedule your two week and six week post-operative appointments.
9. You may take Motrin 600 mg. every six hours for the first 3 –5 days after surgery. You may take Tylenol or Extra Strength Tylenol for mild pain. You may take Percocet 1 –2 tablets every 3 – 6 hours as needed for more severe pain. Iron may also be prescribed.
10. You will need to limit your activities for 7 – 10 days. After this, you may do anything you desire. Beginning the day after surgery you may climb stairs, shower, or bathe.
11. You should take your temperature three times a day for the first week after surgery. You should call if it stays over 100.5 degrees.
12. If you work outside the home and your work is mostly deskwork, you may return after 7 – 10 days if you feel up to it. You can expect to fatigue easily at first. If your job is very physical, you may need to wait until after your checkup two weeks after surgery.

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