

POST-OPERATIVE INSTRUCTIONS

VAGINAL HYSTERECTOMY

1. No driving for one week.
2. No strenuous activity for two weeks.
3. No heavy lifting, douching, or intercourse for six weeks.
4. For pain you may take Extra Strength Tylenol (2 tablets every four hours), or ibuprofen (600 – 800 mg every six hours), or a prescription pain pill may also be prescribed such as Percocet (1 – 2 tablets every four hours as needed).
5. You may shower or bathe.
6. There are no diet restrictions.
7. Avoid straining when having a bowel movement or urinating. If you experience constipation, you may take Milk of Magnesia or Metamucil (one teaspoon in a glass of juice), or you may use an over-the-counter laxative.
8. Call your doctor if you have excessive vaginal bleeding or a fever greater than 101 degrees. Expect some spotting or light bleeding for up to six weeks.
9. Schedule a post-operative appointment two weeks after your surgery.

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