

## **DISCHARGE INSTRUCTIONS AFTER HYSTERECTOMY**

- Avoid lifting greater than 20 pounds. Avoid strenuous exercise or sports for 6 weeks.

- You should be up moving about freely.
- Do not drive until you can do so without discomfort and without using pain medication. Usually 1-2 weeks.

- You may shower and wash your hair. No tub bath for 6 weeks.
- Gradually increase your activities.
- Nothing in the vagina for six weeks. No intercourse, tampons or douching. It is normal to have a some vaginal discharge, which maybe bloody. Use pads, not tampons. If you experience heavier bleeding than a period, call the office.

- No swimming for six weeks.
- You may eat and drink as tolerated. Go easy at first with clear liquids, soup, crackers before progressing to solid foods. A pro-biotic for bowel health pre and post surgery is recommended.

- Increase fiber and fluids if you get constipated. If needed a stool softener, Surfak, Colace, or a generic equivalent may be used and taken by mouth as directed. It is common for narcotic pain medication to cause constipation. If you have not had a bowel movement for 2-3 days, you may use Miralax, Milk of Magnesia, or Senokot. Do not use Correctol or Ex-Lax.

- If you develop a cough, please contact the office so that a cough suppressant can be prescribed to avoid undue pressure on the vaginal incision.

- Bruising around the incision site(s) is common.
- Dermabond skin glue is used to cover the incisions. Dermabond is waterproof. This will peel off over time. Try not to pick at it.

- Take a multivitamin with zinc daily

### **PRECAUTIONS**

- Contact the office if you experience a fever greater than 101 degrees or higher, chills, nausea unrelieved by Zofran, vomiting, pain unrelieved by using 2 pain pills every 3-4 hours, vaginal bleeding heavier than a period or foul smelling discharge.

- Contact the office if you experience urinary frequency, urgency, or burning which does not respond to increasing fluids, cranberry juice, and non-prescription bladder medicine such as AZO.

- Contact the office if you have any chest pain, shortness of breath, pain in your calves or legs, or redness, drainage, or separation of the incisions.

#### MEDICATION

- For mild pain, use ibuprofen (Motrin, Advil, Nuprin, etc.) 800mg (4 tablets) every 6 hours or naproxen (Aleve) 550mg (2 tablets) every 6 hours. Take these with food.

- For more severe pain, use the Lortab that was prescribed 1-2 tablets every 3-4 hours. You will not become addicted to pain medicine with the usual length of usage of 3-5 days. It is far more effective to take the pain medication as soon as you feel pain returning rather than waiting until the pain is unbearable and then trying to control the pain.

- One Lortab can be taken with one ibuprofen or one naproxen.

- Multivitamin with zinc daily.

- Pro-biotic of choice daily.

#### FOLLOW-UP

- A post-op appointment should have been scheduled prior to your discharge from the hospital. If not, call the office to schedule one.

- Normally you will be seen at the 2 week and 6 week point.

OFFICE NUMBER ANSWERED 24 HOURS: 325.690.0620