



POST-OPERATIVE INSTRUCTIONS HYSTERECTOMY

The Physicians of Independence Women's Clinic are committed to ensuring that your post-operative experience is as comfortable as possible. The following will help answer frequently asked questions and will help you understand some of the common experiences that may occur after your hysterectomy or other major gynecologic surgery. Please do not hesitate to call the office at 816-478-0220 with any additional questions about your recovery.

1. Call the office to schedule a post-operative appointment approximately 4-6 weeks after your surgery (your physician will specify).
2. Call your doctor right away if you experience:
 - a. Fever higher than 100.4 degrees
 - b. Shortness of breath, chest pain or dizziness
 - c. Heavy vaginal bleeding (saturating a pad every 1-2 hours)
 - d. Severe pain not relieved with your pain medication
 - e. Persistent nausea and vomiting
 - f. Increased pain, redness, or swelling at incision site(s)
3. General Instructions:
 - a. No heavy lifting > 10-15 pounds until your post-operative visit.
 - b. You and your physician will decide when you can safely return to work and other physical activities. Make sure you have an appointment!
 - c. You may go up and down stairs.
 - d. You may drive a car after 2 weeks as long as you are no longer using narcotic medications.
 - e. You may bathe in the shower or tub.
 - f. Do not use douches, place tampons or have intercourse until seeing your doctor at your post-op exam. Your doctor will then clarify when you may resume such things (different surgical techniques demand different periods of time).
 - g. You may notice bloody discharge from the vagina for several weeks.
 - h. Constipation is very common after surgery, you may utilize stool softeners, laxatives, enema, and suppositories.



- i. If you have an abdominal incision, you may keep a dressing over your scar or leave it off, whichever seems most comfortable. If you wish to wear an abdominal binder, you may, but it is not necessary.
- j. If you suspect a bladder infection such as burning with urination, frequency of urination or pain with urination, please call.
- k. If you notice significant drainage from the surgical scar, notify your doctor.
- l. No special diet requirements.