

**Spartanburg**

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## Post Op Instructions

**Discomfort** — it is common to have some abdominal pain and cramping. You may take Ibuprofen (Motrin or Advil) or Tylenol for discomfort unless you have any allergies to these medications. You may use stronger medications if prescribed. You may use a hot water bottle or heating pad for 20 minutes each time, 4 times a day for some relief for the discomfort. Don't burn yourself.

**Vaginal Bleeding** — you may have some vaginal bleeding or spotting which may be heavy or light for 2 to 4 weeks; this is normal. Do not use tampons or douche until after your post-operative checkup.

**Activity** — Recovery following surgery will take approximately 6 weeks. For the first week after you go home, it is important to rest as your body heals. But, do not spend prolonged periods of time lying flat or sitting, and try not to cross your legs at the knees. Walking is important to your recovery. It is normal to feel tired after minimal activity. Listen to your body and increase your activities gradually as tolerated. It is generally safe to climb stairs, but you may find that you may need to limit how often, if you are feeling weak or uncomfortable.

**Lifting** — do not lift anything heavier than 25 pounds for 4 to 6 weeks.

**Driving** — do not drive for 2 weeks. Use your seat belt. Do not drive if on pain pills.

**Intercourse** — does not have intercourse until after the post-operative visit (usually 4 to 6 weeks). You may use water-soluble lubricants if you experience vaginal dryness.

**Exercise** — Increase walking as you becomes more comfortable. Do not resume vigorous exercise until after the post-operative visit.

**Diet** — you may resume a regular diet when you are feeling well. You may have constipation over the next few weeks. If you do, eat foods high in fiber (fruit, vegetables, bran) may help. Be sure to drink 6 to 8 glasses of juice or water a day. If these do not help, you may buy Colace or Dulcolax (a stool softener) or Milk of Magnesia (laxatives) at the drug store. Avoid alcohol.

**Emotional thoughts** — Sadness, "the blues" and sleeping difficulties are common after any surgery or stress. If this continues for more than 2 weeks, call your doctor.

**Work or School** — Recovery is usually 4 to 6 weeks.

**Follow-up visit** — Call the day you go home to see us in 1 week if you have belly sutures or otherwise in 4 weeks.

**Call if you have:**

- Temperature more than 100.5 degrees, or shakes or chills.
- Abdominal pain that is not relieved by rest or medication, or if the pain increases over time.
- Bleeding excessively (soaking a pad every 1 to 2 hours).
- Foul vaginal discharge.
- Burning or pain with urination or low back pains.
- Leg pain, swelling, redness or tenderness, especially if in one leg and not the other.