



ABDOMINAL HYSTERECTOMY POST-OP INSTRUCTIONS

L. GREGORY BLANTON, M.D.

J. SCOTT ROBERTSON, M.D.

1) DISCHARGE MEDICATIONS: _____

2) ACTIVITY INSTRUCTIONS:

- a) NO LIFTING GREATER THAN 10 #'S (GALLON OF MILK)
- b) NO PUSHING, PULLING, OR TUGGING
- c) NO DRIVING FOR 2 FULL WEEKS AFTER DISCHARGE
- d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING)
- e) NO EXERCISING OTHER THAN NORMAL PACE WALKING
- f) SWIMMING (POOL) AND BATHING IS OKAY

3) WARNING SIGNS:

- a) BLEEDING LIKE A PERIOD
- b) FEVER GREATER THAN 100.4 DEGREES
- c) WOUND BECOMING RED AND HOT
- d) WOUND DRAINING AND/OR SEPARATING
- e) GREEN OR YELLOW VAGINAL DISCHARGE
- f) VAGINAL DISCHARGE WITH FOUL ODOR
- g) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAIN

IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:

- a) SPOTTING FOR 7 -10 DAYS POST-OP
- b) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
- c) CLEAR TO WHITE DISCHARGE FOR 4-6 WEEKS AFTER SPOTTING
- d) CONSTIPATION OR CHANGE IN BOWEL HABITS
- e) MAY USE STOOL SOFTENER (COLACE 100 MG) TWICE A DAY
- f) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
- g) NUMBNESS AROUND INCISION
- h) SHARP PAINS AT SITE OF ABDOMINAL CLOSURE
- i) BRUISING AT AND AROUND INCISION
- j) PATHOLOGY BACK IN 3-4 WORKING DAYS
- k) IF HORMONES TAKEN, YOU MAY INITIALLY EXPERIENCE HOT FLASHES, NIGHT SWEATS, OR IRRITATION @ SITE OF PATCH

5) FOLLOW UP VISIT:

- a) APPOINTMENT FOR STAPLE REMOVAL: _____
- b) POST-OP VISIT APPOINTMENT: _____

6) DIRECT ANY ROUTINE QUESTIONS TO MY OFFICE

MONDAY THRU FRIDAY 8 A.M. TO 5 P.M. (318) 212-7840