



**VAGINAL HYSTERECTOMY AND REPAIR  
POST-OP INSTRUCTIONS  
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1) DISCHARGE MEDICATIONS: \_\_\_\_\_

2) ACTIVITY INSTRUCTIONS:

- a) NO LIFTING GREATER THAN 10 #'S (GALLON OF MILK)
- b) NO PUSHING, PULLING, OR TUGGING OF ANYTHING
- c) NO DRIVING FOR 14 DAYS AFTER SURGERY
- d) PELVIC REST (NO SEX, TAMPONS OR DOUCHING) X 6 WEEKS
- e) NO EXERCISING OTHER THAN NORMAL PACE WALKING
- f) SWIMMING AND BATHING IS OKAY
- g) MIRALAX 17 GM DAILY
- h) DRINK 6 LARGE GLASSES OF WATER A DAY
- i) MINIMAL STRAINING TO VOID OR HAVE BOWEL MOVEMENT
- j) IF SUTURES ON VULVA: DO SITZ BATH TWICE DAILY AND BLOW DRY WITH HAIR DRYER

FOLLOW ABOVE INSTRUCTIONS PRECISELY TO INSURE SUCCESS

3) WARNING SIGNS:

- a) BLEEDING LIKE A PERIOD OR HEAVIER
  - b) FEVER GREATER THAN 100.4 DEGREES
  - c) GREEN OR YELLOW VAGINAL DISCHARGE
  - d) VAGINAL DISCHARGE WITH FOUL ODOR
  - e) BURNING/STINGING ON URINATION OR BLOOD IN URINE
  - f) URINARY RETENTION (UNABLE TO URINATE)
  - g) NAUSEA AND VOMITING OR INCREASED ABDOMINAL PAIN
- IF ANY OF THE ABOVE OCCUR CALL (318) 212-7840 ANYTIME

4) EXPECTATIONS:

- a) MAY PASS SUTURE THROUGH VAGINA 1-2 WEEKS POST-OP
- b) WOUND "GLUE" ON VULVA WILL FALL OFF IN ~ 1 WEEK
- c) SPOTTING FOR 1<sup>ST</sup> 7-10 DAYS
- d) CLEAR TO WHITE DISCHARGE FOR 4-6 WEEKS AFTER SPOTTING
- e) CONSTIPATION OR CHANGE IN BOWEL HABITS
- f) MAY USE MILK OF MAGNESIA (2 TBSP'S) FOR ACUTE CONSTIPATION
- g) STRAINING MAY CAUSE URINATING TO BE MORE DIFFICULT
- h) IF HORMONES TAKEN, YOU MAY INITIALLY EXPERIENCE HOT FLASHES, NIGHT SWEATS, OR IRRITATION @ SITE OF PATCH

5) FOLLOW UP VISIT:

- a) POST-OP VISIT APPOINTMENT: \_\_\_\_\_

6) DIRECT ANY ROUTINE QUESTIONS TO OUR OFFICE

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