Bossier Healthcare for Women

VAGINAL HYSTERECTOMY AND REPAIR 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 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 1ST 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

Copyright ©2008 Bossier Healthcare for Women. All rights reserved. May not be reproduced without proper permission.