VAGINAL HYSTERECTOMY POST-OP INSTRUCTIONS

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1) DISCHARGE MEDICATIONS: _____

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2) ACTIVITY INSTRUCTIONS:
   a) NO LIFTING GREATER THAN 10 #'S (GALLON OF MILK)
   b) NO PUSHING, PULLING, OR TUGGING
   c) NO DRIVING FOR 7 DAYS AFTER SURGERY
   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 OR HEAVIER
   b) FEVER GREATER THAN 100.4 DEGREES
   c) GREEN OR YELLOW VAGINAL DISCHARGE
   d) VAGINAL DISCHARGE WITH FOUL ODOR
   e) 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) SPOTTING FOR 1ST 7-10 DAYS
   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) PATHOLOGY BACK IN 3-4 WORKING DAYS
   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: _____

5) DIRECT ANY ROUTINE QUESTIONS TO MY OFFICE
MONDAY THRU FRIDAY 8 A.M. TO 5 P.M. (318) 212-7840

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