



VAGINAL HYSTERECTOMY 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
- 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