



Gynecological Post Op Instructions

The healing process is an important part of your “surgical” experience. It is critical that you take the time to rest and conserve energy, eat a balanced diet, but refrain from any formal exercise until your post-op visit.

Following surgery and general anesthesia, individuals recover and “bounce back” at different rates. You will find yourself easily fatigued for several weeks and should pace yourself accordingly. A regular afternoon nap may shorten your recovery period and reduce the effects of the “post operative syndrome”.

1. Your post-op visit can be scheduled prior to leaving the hospital. If not, please call the office during your 1st week home. (Richland Medical Park 779-6776)
2. Avoid douches, intercourse, or tampons until after your post-op check-up.
3. Avoid lifting anything heavier than a Campbell’s soup can or telephone for 4 weeks. Heavy objects should not be lifted for about 6 weeks. At the time of your post-op check, we will discuss your recovery and determine resumption of normal activities including employment.
4. Report any heavy bleeding or clotting, unusual or severe pain or fever more than 101.
5. Showering is fine, but bathing in a tub may resume after 1-2 week post-op if you are able to get in and out of the tub safely. Avoid swimming pools, spas or lakes until your post-op visit.
6. If you have an abdominal incision with tape strips, remove these strips one week after you go home. Hydrogen peroxide maybe used two to three times daily to clean the wound and may also help to remove the tape. If the incision begins to redden, harden or drain pus, please call our office.
7. You may maneuver stairs, but do it as a child does, step by step, not step over step. If you have multiple steps in your home, plan your day to minimize going up and down the steps repeatedly.
8. Do not drive until instructed by the doctor (usually at the post-op visit). Prior to driving, enter your driveway or an empty parking lot with a friend or family member and SLAM on brakes. If it hurts or causes you to hesitate, wait another week before trying again.
9. Many vaginal procedures are associated with vaginal discharge. This is normal and is the result of the stitches. It will decrease over 4–6 weeks. If the discharge increases or is associated with heavy bleeding, please contact us.
10. The following over-the-counter medications may help you during your convalescence:
 - A. Gas-X for gas pain
 - B. Tylenol-regular or extra strength for general pain
 - C. Senekot tablets for constipation
 - D. Mylicon, Mylanta or Tums for reflux.