

ACTIVITY

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds).

Sexual activity or using a tampon should be avoided until examined by your surgeon at the post-operative visit in 6 weeks.

Driving limitations will be discussed with you by your surgeon

PAIN MANAGEMENT

Cramping is a common side effect for the next few days.

You will be given a prescription for pain medication to be taken at home if needed.

Generally, Tylenol or Extra-Strength Tylenol or an anti-inflammatory will be sufficient to control any discomfort you may have.

REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:



Care After Your Major Gynecological Surgery (Abdominal, Laparoscopic, Vaginal)

Patient Education

Surgical Services Patient Education

BLEEDING/DISCHARGE

You may experience an increase in your vaginal bleeding 7-10 days postoperatively. This can be normal. Please contact your surgeon if you are concerned.

It is normal to have light vaginal bleeding a few days after surgery.

WOUND CARE

If there is a bandage dressing on the incision, you can take it off 24 to 48 hours after surgery.

Steri strips may be removed gently at home approximately 1 week after surgery

If you have staples for your skin closure a separate appointment will be made for staple removal post-operative day 5-7 depending on the type of incision.

PERSONAL CARE:

Do not use anything vaginally until you post-operative visit in 6 weeks – no intercourse, no tampons.

It is best to avoid soaking in a tub until after your follow-up appointment.

Abdominal incisions should be kept clean by showering. Avoid scrubbing the area

DIET:

You may resume your regular diet

Try to eat foods high in fibre, and protein.

Fluids are encouraged. This will help prevent constipation which can occur after surgery.

CALL YOUR DOCTOR IF:

- Vaginal bleeding (more than one pad every hour)
- Have a fever higher than 38.5 °C or 101 °F
- Foul smelling vaginal discharge
- After voiding, you have a fullness sensation in the bladder (may be retention)
- Severe pain that is not relieved by pain medication
- Separation of wound edges, green or yellow drainage from the wound, or increasing redness swelling, warmth or pain of the incision