

# Women's Health Care

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## POST-OP INSTRUCTIONS FOR HYSTERECTOMY

### DIET:

When you go home you may eat food that you desire in moderation. To avoid constipation eat fruits, vegetables, and whole-grain foods. Drink at least 8 glasses of fluid each day.

### ACTIVITY:

You should not drive for at least 2 weeks. Take showers instead of tub baths for 10 days. No intercourse for at least 6 weeks. No tampons, use pads to absorb the bleeding or discharge. No douching for at least 6 weeks. You may return to work approximately 6 to 8 weeks post-op. If you have a job with limited physical activity, an earlier return to work may be permitted. Walking is encouraged.

### PAIN:

You will be given a prescription for pain. Take every 4 hours as needed. Notify the office of any pain or swelling in your legs, shortness of breath or chest pain, or if fever over 100.5 or chills develop.

### BLEEDING:

Expect some vaginal bleeding for approximately 6 weeks. Notify the office of any increase in vaginal bleeding or if you develop a foul odor.

### WOUNDS:

If you have any abdominal incision, this may be closed with stitches or staples. Any staples will be removed on your first follow up office visit. Usually the stitches are hidden beneath the skin and will dissolve with time. The dressing should be changed every day. Report any signs of infection, pus, marked swelling or redness to the office. Some bruising is to be expected.

### APPOINTMENT:

The hospital should have called to make your first post-op appointment for you, but you may want to call the office to recheck to see if this has been done.

If any problems or questions arise, please contact our office.