

Post Operative Instructions-Major

After being discharged from the hospital for your surgery, there are a few restrictions to observe in your daily routine.

- 1) No lifting heavier than a coffee cup for two weeks
- 2) Nothing inside your vagina for six weeks
- 3) A small amount of pinkish drainage may be normal, bleeding requiring a pad to protect your clothes is not expected and you need to contact the office right away.
- 4) No driving until cleared at two week post-operative check-up. You will not be able to drive at any time while taking narcotic pain medication.
- 5) Post operative pain is expected, however, if pain becomes more severe or changes in character, please contact the office as soon as possible.
- 6) Pain medication can cause nausea, especially on an empty stomach. If nausea and vomiting is experienced, please contact the office.
- 7) Any urinary frequency or burning/pain with urination can be a sign of a urinary infection, please contact the office.
- 8) Please report any fever 100.8 or greater, or incision redness or drainage.
- 9) Hot flashes and night sweats are common after procedures involving removal of the ovaries. Estrogen replacement will be discussed based on your risk factors at your two week check-up.
- 10) Colace 100 mg- 1 by mouth twice daily until establish a regular bowel pattern, will help keep stools soft. If diarrhea is experienced, stop the stool softener. This can be purchased at your local pharmacy without a prescription.
- 11) MOM, Senokot or Miralax may be used as per the directions on the medication container if no bowel movement in two days. Want to keep bowels moving until regular bowel pattern established.

12) Please call immediately for any chest pain, shortness of breath, leg pain as these can be signs of a blood clot.

You will have a two week and six week appointment made at your preoperative visit. It is very important that you keep both appointments but we need to hear from you for any concerns in between your visits.