

NORTHSIDE/NORTHPOINT OB-GYN

Advanced, heartfelt care for all the stages of life

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Post Operative Instructions:

Hysterectomy

1. Expect vaginal bleeding for 7-10 days.
2. Heaviest bleeding may be the first 24 hours.
3. Call office if: foul smelling vaginal odor or discharge, excessive bleeding greater than 1 pad per hour, fever greater than 101 degrees Fahrenheit, excessive nausea, vomiting or severe pain not controlled by pain medications.
4. You may bathe after 1 week and showering is fine at any time.
5. No sexual activity for 3-4 weeks after surgery.
6. No vigorous exercise for 4 weeks
7. No driving after surgery for 2 weeks
8. Expect moderate to mild cramping for 7- 10 days. Take Motrin or Anaprox regularly after discharge from the hospital and add in narcotic medications only as needed. You may take narcotic medications such as Percocet and Lortab and Morphine with Motrin or Anaprox.
9. if you experience constipation, feel free to use Metamucil, Milk of Magnesia, Senekot stool softener, Dicolax tablets or suppository or any over the counter medications.
10. For gas pain you may use Gas-x or Mylicon.
11. Call and make a post op appointment in 3-4 weeks.
12. Shoulder pain is not uncommon. It usually refers to right shoulder and is best treated with heating pad or change in positions.