

Post Operative Instructions: Robotic and Laparoscopic Hysterectomy

1. Expect vaginal bleeding for 7-10 days. The heaviest bleeding will be the first 24 hours.
2. Expect mild to moderate abdominal pain and incision pain for several weeks. Take ibuprofen 600-800 mg every 6 to 8 hours as needed for pain. You can also alternate with tylenol XS 500 mg every 6 hours as needed for pain. If you have severe pain, you can add the prescription medication given in the office (oxycodone or morphine). All medications should be taken with food.
3. Shoulder pain is not uncommon. It usually refers to the right shoulder and is best treated with a heating pad or change in positions.
4. Call the office if you experience severe pain not controlled by pain medications, fever 101 degrees Fahrenheit or greater, excessive nausea and vomiting, purulent drainage from an incision, excessive vaginal bleeding of greater than 1 pad per hour or foul smelling vaginal odor or discharge.
5. You may remove bandages and shower 24 hours after surgery. Avoid baths and swimming for 4-6 weeks. Keep incisions clean and dry. You can allow soapy water to run down incisions while showering and then rinse incisions.
6. Pelvic rest for 6 weeks which includes abstaining from intercourse and using pads instead of tampons or a menstrual cup.
7. No driving for 2 weeks. No vigorous exercise for 6 weeks. Light walking is fine.
8. If you experience constipation, increase high fiber foods. You can also take colace or miralax. For severe constipation try dulcolax.