

Discharge Instructions Following Inpatient Surgery

Please call the office immediately if you have any of the following symptoms:

- A temperature above 101°*
- Bleeding, drainage, or separation of your incision*
- Redness or swelling around your incision*
- Heavy vaginal bleeding or passage of blood clots.*
- Swelling of your legs especially if associated with shortness of breath.*
- Severe pain not controlled by pain medicine.*
- Inability to pass gas or have a bowel movement.*

Activity Following Surgery

After being released from the hospital, you should go home and rest the remainder of the day and usually the next day. Then you should be able to resume light activities that don't cause pain. Most patients are able to resume routine daily care such as bathing, walking around the house, preparing light meals. Your physician and nurse should cover restrictions on activity at discharge. Some surgeries require six weeks with no significant lifting while other surgeries do not. If you have questions about this, please call the office.

Diet

Unless instructed otherwise, you may resume a normal diet. Avoid large meals and spicy or greasy foods. Proteins and vitamins are necessary for healing. Make sure that your meals are nutritious as you recover. High calorie foods and inactivity after surgery may result in weight gain.

Bowel function

Most gynecologic surgery should not cause a major change in your normal bowel function. Occasionally the pain medicines and anesthesia may result in constipation. Drinking more water and eating more fiber should improve your

bowel function after surgery. If you're prone to constipation, you should probably take an over-the-counter stool softener. Avoid taking harsh laxatives. If you're unable to have a bowel movement and are having abdominal bloating or swelling, please call us.

Pain

You may be given a pain reliever such as Tylenol # 3, Percocet or Darvocet. Please do not take additional Tylenol with these medicines. If you are experiencing severe pain that is not relieved by your pain medicine, please call the office for instructions.

Fever

If you are experiencing a temperature higher than 101°, please call the office. It is not normal to have an elevated temperature following surgery.

Bleeding

Light vaginal bleeding is not uncommon after gynecologic surgery. Your next menstrual cycle may be earlier, heavier, or lighter than usual. If you are experiencing extremely heavy vaginal bleeding or passing large clots, you should call the office.

Wound care

If your surgery involved an incision, please keep it clean and dry. You may shower and let the soap and water run across your incision. Pat the incision dry or dry the area with a hair dryer on low heat. It is not uncommon to see a small amount of drainage from the incision. However, if the incision bleeds heavily or there is a significant amount of drainage please call the office. If you are discharged home with staples, please call the office to arrange a time for staple removal. If Steri-Strips are in place at the time of discharge, they should be left in place for approximately 5 days.

Follow-up

You should be given a follow-up appointment within two to six weeks after the surgery. If you were not given an appointment for follow-up, please call the office so that this can be arranged.

Medications

Resume your usual medications unless you have been instructed to do otherwise. You will be given a pain medicine prescription if needed. This prescription should take care of your pain needs. If you run out of pain medicine, please call the office during business hours. Our Physician will not be able to call in any medications after hours since your chart is not available.