



Post-Operative Instructions

Abdominal Surgery or Abdominal Hysterectomy

You will find that you have completely forgotten what we told you we found, due to the effects of anesthesia. Even though a family member with you has seen a picture or drawing to help you remember, the doctor wants to talk to YOU about it. Please call the office and schedule your incision check one week after your surgery and your post-op appointment in 4 weeks.

Eating

Drink liquids and eat lightly for the first one to two days after surgery. After that you should be able to eat normally. By the time you arrive at home, you should be eating a regular diet.

Activity/Bathing/Driving

Get lots of rest. LISTEN TO YOUR BODY. You will be sore the first few weeks after surgery. You are able to shower and get your incision wet. After showering pat the your wound dry. You may drive a car 2 weeks after surgery. Do not lift more than 10 pounds until your post-op appointment. After your incision check, you may walk as long as it doesn't cause too much pain. Take stairs in moderation and with assistance until you are steady on your feet. If you have a two-story home, you may want to stay on one floor initially and have your loved ones assist you.

Wound Care

Your stitches are underneath your skin and will dissolve. You may see a knot at the end. If it is still there at your post-op appointment, the physician or nurse will pull it out for you. Any staples on your incision will be removed in the office within 7 days. Keep your incisions clean and dry. On the second day after surgery, you may remove your outer tape and gauze or Band-Aid. Leave the plastic strips on top of your wound for one week unless they are bothering you. If the strips haven't fallen off after one week, you may gently pull them off. **If your incision gets red, tender, or develops leakage of fluid, call the office at 704-341-1103.**

Vaginal Bleeding

You may notice a bloody vaginal discharge for the next few days after surgery, especially if you had a hysterectomy. Please use pads and refrain from using tampons.

Medications

Pain medications will be prescribed for you either before your surgery or before you are discharged home. **Do not exceed the dosages written. If you find that the medication prescribed does not control your pain, call the office at 704-341-1103.**

If estrogen has been prescribed for you please remember to take it as you were advised by your physician.

Intercourse

Please refrain from having intercourse for 6 weeks post-operatively.

Follow-Up

You should have two follow-up appointments with the physician who performed your surgery one week and four weeks following your surgery. Call the office at 704-341-1103 to make an appointment if you haven't done so already.

Call the Office If:

- 1) You have a fever greater than 101 F.
- 2) You have pain that is not relieved by pain medications.
- 3) You have redness around or leakage from your incision.
- 4) You have heavy vaginal bleeding (i.e., soaking greater than one maxi-pad in one hour).
- 5) You are unable to keep food or liquids down.
- 6) You are unable to urinate or have pain while urinating.
- 7) You are having trouble having bowel movements.

The office number is 704-341-1103