



Post-Operative Instructions **Vaginal Surgery Including Vaginal Hysterectomy**

You will find that you may 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, we want to talk to YOU about it. Please call the office and your incision check one week after your surgery and your post-op appointment in four 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 your incision dry. You may drive a car 2 weeks after your surgery. Do not lift more than 10 pounds until after your post-op appointment. Also, refrain from Walking until after your incision check 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 decide to either stay upstairs or downstairs initially and have things brought to you.

Wound Care/Catheter Care

Your stitches are underneath your skin and will dissolve. You may see or feel a knot near the opening to your vagina. If it is still there at your post-op appointment, the physician will pull it out for you. If you have a catheter, it will be removed either in our office, or the urologist's office within the week unless we tell you otherwise.

Vaginal Bleeding

You may notice a bloody vaginal discharge for the next several days after surgery. Please use pads and refrain from using tampons.

Medications

Pain medication 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 medications prescribed do not control your pain, call the office at 704-341-1103.**

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

Intercourse

Please refrain from having intercourse 4-6 weeks post-operatively.

Follow-Up

You should have two follow-up appointments with your physician. Your initial appointment is one week following your surgery and the second is four weeks after 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 difficulty having bowel movements.

The office number is 704-341-1103