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GENERAL POSTOPERATIVE INSTRUCTIONS

At Home

- Don't drive until you are no longer taking opiate pain medications. You can drive when you can slam on the brakes in a car without your abdomen hurting.
- Walking at a slow to moderate pace is encouraged. Take it slow when doing simple housework or when climbing the stairs. You may add activities as you feel able, but if you feel overly tired or uncomfortable, you should decrease activity again.
- Avoid constipation:
 - Eat a diet with fiber including fruits, vegetables, and whole grains.
 - Drink 6 to 8 glasses of water a day, unless directed otherwise.
 - Over the counter medications (May use both if needed)
 - Docusate sodium (Colace®) 1- 3 times/ day as needed
 - Polyethylene glycol (MiraLAX®) 1 capful 1-2 times/ day as needed
- You may shower. Wash incisions with mild soap and water and pat dry. Do not scrub your incisions. Do not use oils, powders, or lotions on your incision.
- Keep incisions clean and dry; do not cover your incisions with tight clothing. If you have steri-strips, you may remove them when the edges start to peel up (usually 5-7 days). If you have surgical glue on your incisions, you may remove it when the edges start to peel.
- Ask your doctor when it is safe to use tampons or have sex. This varies on type of surgery.

When to call your doctor

- Fever above 100.4°F or chills
- Vaginal bleeding that soaks more than 1 pad per hour or large clots (larger than a baseball)
- A smelly discharge from the vagina
- Pain, burning, or trouble with emptying your bladder
- Severe pain in your abdomen that is not improved by pain medications
- Your incision becomes red, warm, and oozes pus. Mild swelling and clear drainage at the incision is normal.
- Shortness of breath, chest pain, or loss of consciousness
- Nausea and vomiting where you can't keep any food/fluids down or is becoming dehydrated

Follow-up

- Your postop appointment will depend on the type of surgery you had.
- Ask your doctor when you can return to work.