

Hysterectomy Discharge Instructions



Hysterectomy is a common procedure performed on many women each year. We strongly encourage you to review and adhere to the following post-operative instructions following your procedure.

Below are instructions to help you once you are home. If you have any questions, please call.

- No heavy lifting (over 15 lbs) for four weeks.
- You may go upstairs, slowly and infrequently for the first week.
- You may take tub baths four weeks after surgery.
- You may drive a car in two to three weeks (if not taking narcotics).
- No douching, tampons or intercourse until your check-up.
- You may get the incision wet but do not scrub the area.

If staples were used, they may be removed prior to your discharge or we may have you return to the office one week after surgery to have them removed. If you have steri-strips over the incision, please remove them after one week.

You will be given a prescription for pain medicine. After the first week or so, Tylenol or Motrin should be adequate.

Please call the office if you experience prolonged or heavy vaginal bleeding, temperature greater than 101 degrees or prolonged, severe abdominal pain.

Frequently, following abdominal surgery, bowel function may be slow to return. You may use a stool softener daily for a week or so to help. Also, Milk of Magnesia, one teaspoon every six hours for several days, or a suppository may be helpful. BE CAREFUL! Narcotic pain medication can be very constipating. You should have a bowel movement within a day or two after leaving the hospital.

Occasionally, you may need to take iron pills following surgery. We will let you know if you should take them. If you are given a prescription for hormone replacement (estrogen), please start the medication the day after you get home. If you experience hot flushes (or other symptoms of menopause) that do not resolve within 7 to 14 days of starting the medication, please call the office and we can make an adjustment to your medication. Or if you prefer, you can wait until your checkup to discuss this with your doctors.

We would like to see you for a post-operative exam in four to five weeks. Please call the office (410) 633-6300 in the next week to schedule that appointment.

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