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POST OPERATIVE INSTRUCTIONS for ABDOMINAL SURGERY

1. Things to Expect:
 - a. Abdominal tenderness.
 - b. Abdominal bloating and gas due to sluggish bowels.
 - c. Some generalized swelling on post-op days 2 and 3 due to IV fluids.
 - d. Vaginal spotting or discharge lasting up to 6 weeks.

2. Things to Call About:
 - a. Temperature of 100.4 or above. Take your temperature if you feel warm or have chills.
 - b. Bleeding that is heavier than a menstrual period. (Soaking more than one sanitary pad in less than an hour.)
 - c. Severe abdominal pain not relieved by your prescribed medications.
 - d. Malodorous, bloody or pus-like discharge from incision or vagina.

3. Activities:
 - a. No douching, tampons or intercourse until after your post-op exam by me at the office.
 - b. Limit strenuous activity for the first two weeks. No heavy lifting or pulling during this time. Listen to your body: resume activities slowly and rest when you feel fatigued.
 - c. No swimming but you may shower, take a tub bath and wash your hair.
 - d. You should not drive until 2 weeks post-op. You are able to drive when you feel well enough, can turn easily to check blind spots and brake hard suddenly, if necessary.
 - e. You can return to work at 6-8 weeks post-op, or sooner if you feel able to work and your job is not too strenuous.
 - f. If you have had your ovaries removed, then you will start taking your hormones daily or as directed.
 - g. If you have problems with gas retention or constipation, drink 6-8 glasses of fluid a day and eat a diet high in fiber content. Stool softeners, such as Colace, may be bought without a prescription at your pharmacy and used according to package directions.

4. Your staples will be removed on post-operative day 3 to 7. Steristrip Tape will be applied over the incision. It is okay to get the tape wet when you shower. Use a hairdryer to blow dry the incision or gently pat dry after bathing. Remove the tape after two weeks. Keep the incision clean with normal soap and water. Hydrogen peroxide may be used sparingly to remove any yellow crust on the incision.

5. Return Visit: Call the office for an appointment to see me 2 weeks following your surgery date.