

## **Parveen S. Vahora, MD FACOG**

### **Additional Postoperative Instructions for Patient Care At Home after a Hysterectomy or Pelvic Reconstruction surgery**

#### **1. Activity**

- \*You need to maintain a level of comfortable activity without straining.
- \*You may shower, but make sure the incision sites are dried properly.
- \*Do not climb more than 1 flight of stairs for 48 hours after surgery.
- \*You may take a bath in 6 weeks.
- \*Void every 2 hours while you are awake.

#### **2. Lifting**

- \*Do not lift anything heavier than a gallon of milk for six weeks.

#### **3. Driving**

- \*You may drive one week after surgery if you are not using any narcotic pain medication.
- \*May ride in a car at any time after surgery.
- \*Keep trips to a maximum of 1 hour for 6 weeks.

#### **4. Bleeding**

- \*A small amount of blood is expected after a surgery.
- \*The amount should decrease over 1 to 2 weeks with a change to brownish discharge.

#### **5. Sexual Intercourse**

- \*Do not have sexual intercourse for 6 weeks after surgery.

#### **6. Treatments**

- \*Do not use any vaginal douches.

#### **7. Medications**

- \*Resume the use of maintenance medication the first day after surgery.
- \*If you were prescribed vaginal estrogen crème, you can use it with an applicator as prescribed, the day after surgery.
- \*The use of narcotic pain medication can make you constipated. You may use over the counter stool softener, prunes or prune juice
- \*Do not use any antibiotic medication unless it was prescribed to you. You were given antibiotic medication intravenously before surgery.
- \*You may resume your vitamins 1 week after your surgery.

#### **8. Follow up appointments**

- \*Call my office to schedule a follow up appointment to be seen 1 week after surgery, if not already made prior to the surgery.

#### **9. Surgical site**

- \*Adhesive glue has been used over the skin incisions. One week after surgery, you may peel off the glue. Keep the incision sites clean and dry.

Any questions or concerns please call the office at:  
727 843 9350