

# HENDERSON & WALTON

## WOMEN'S CENTER, P.C.

### LAPAROSCOPIC HYSTERECTOMY

#### DISCHARGE INSTRUCTIONS

##### **GENERAL:**

You and your physician chose a minimally invasive procedure for your surgery. This type of surgery offers you many advantages over traditional “open surgery”. With this procedure you typically see a faster recovery period to normal activities, decreased risk of infection, and less post-operative pain. As with any kind of surgery, it is necessary to have some limitations on your activities and how to manage your return to work after this procedure.

##### **PAIN MANAGEMENT:**

When you are discharged from the hospital, you will receive a prescription for pain medication. Some patients may or may not need this pain medication as it will depend upon your personal tolerance for pain as well as your tolerance for this type of medication. In an effort to better tolerate your pain medication, please make sure that you have eaten prior to taking. Most patients will find that if they take aspirin, tylenol, or drugs similar to ibuprofen or naproxyn on a timed schedule for a few days, they will require much less of the prescribed pain medication. When taking prescribed pain medications, please take only as directed by your physician. **If you are experiencing severe pain not relieved by your prescription medication, fever greater than 101 degrees, large amounts of bleeding from your incisions or vagina, shortness of breath not relieved by position change, or severe pain in the calf area of your legs, please contact our office.**

##### **DIET:**

You may resume a normal diet as soon as it can be tolerated. In the days following your surgery you should try to increase your intake of fluids, especially water and avoid the use of alcohol with prescribed pain medication.

##### **CONSTIPATION:**

There should not be a problem with constipation due to surgery or pain medications if you eat a well balanced diet. Here are some things that you can do to help prevent this uncomfortable problem.

1. Include roughage in your diet: fruits and vegetables-especially prunes, lettuce, and celery. Increasing dietary fiber such as bran cereals can also help.
2. Drink plenty of water each day.
3. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

**ACTIVITY:**

This minimally invasive surgery allows you to return to normal activities sooner than traditional surgery. You are encouraged to begin walking the day after your surgery. By doing this, it will help prevent complications such as blood clots, pneumonia, and gas pains. When you become fatigued, then you should rest, but cannot harm yourself by walking too much. An increase in your activity, such as walking, will hasten your recovery process. You should be able to climb stairs and should avoid lifting objects greater than 10 lbs for six (6) weeks following your surgery. We recommend that you not operate any equipment or drive a car for 2 weeks following surgery or while taking prescribed pain medications. You can resume your normal daily activities as soon as you are comfortable doing them. The average time to return to work for this procedure is typically 4-6 weeks.

**WOUNDS:**

Your incision will require little care from you. There are sutures usually placed beneath the skin, which will dissolve over time. You may or may not have a small piece of tape over your incision called a steri-strip. You should wash these areas with soap and rinse with water, then pat it dry with a towel. When the tape loosens, it may be removed or your physician will remove it at your post-operative appointment. It is common to have a minimal amount of drainage, or blood from your incisions. You may also experience a discharge or a small amount of bleeding from the vagina. You may also notice some pain in the right shoulder and chest when sitting or standing for a while. This is the result of a small amount of air that is trapped in your abdomen following surgery. By lying on your right side, it will help alleviate this pain. This allows the air to move away from the diaphragm. Your body will absorb this air in the first day following your surgery and should not cause any further problems for you.

**BATHING:**

After 24 hours, it is permissible to get your incision wet. You may shower or bathe in a tub. After 48 hours, you may swim in a pool but you should avoid potentially contaminated waters as lakes or the ocean until after your post-operative visit.

**URINATION:**

Normally, a catheter is placed at the time of surgery to empty your bladder. In some instances, this can cause a bladder infection. You should notify our office if you experience frequent or painful urination. **Please notify the office if you have the urge to go to the restroom but are unable to do so.**

**SEXUAL INTERCOURSE:**

Avoid intercourse until your physician sees you at your post-operative appointment.

**RETURN APPOINTMENT:**

Schedule an appointment to see your doctor two weeks after your surgery. If you have any problems or questions prior to this appointment, please do not hesitate to call our office at 930-1800.