

HENDERSON & WALTON

WOMEN'S CENTER, P.C.

MYOMECTOMY

DISCHARGE INSTRUCTIONS

GENERAL:

The staff at Henderson and Walton is committed to ensuring that your post-operative experience is as comfortable as possible. Listed below are some instructions that will help promote healing and enhance your recovery period.

PAIN MANAGEMENT:

When you are discharged from the hospital, you will be given a prescription for pain medication. Some patients may or may not need this 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 medication. When taking prescribed medications, please take only as directed by your physician. **Should you experience any of the following symptoms after surgery, please notify your physician:**

1. A yellow-green vaginal discharge with a persistent odor
2. Temperature greater than 101 degrees
3. Excessive vaginal bleeding (soaking more than one pad per hour)
4. Persistent nausea and vomiting
5. Unusual bleeding and/or discolored drainage from incision site
6. Pain and/or swelling in one or both legs
7. Chest pain or shortness of breath

DIET:

Eat light foods (jello, soups, etc.) you can tolerate for the first 6-8 hours after the procedure and then advance to your usual diet as 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 medications.

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 water daily

3. If you experience any painful gas pains after surgery, please take 3 tablespoons of milk of magnesia each night for several days.
4. Call our office for any additional advice if these suggestions do not seem to alleviate the problem.

ACTIVITY:

It is recommended that you rest often for the first several days following your surgery. You are encouraged to begin walking the day of your surgery. By doing so, it will help prevent complications such as blood clots and pneumonia and will enhance your recovery process.

Walking up and down stairs is allowed in moderation. It is recommended that you refrain from any heavy lifting or strenuous work or activity during the recovery period. After receiving your physician's approval, you may drive in 2 weeks provided you are no longer on pain medication. It may require four to six weeks following surgery before you are completely able to resume all normal activities. Recovery is progressive, and each day you will feel better.

WOUND CARE:

Upon discharge from the hospital, the incision will already have begun to heal. If you have staples please call the office for an appointment in one week. The removal of these staples is not a painful procedure. If you do not have staples and suture was used to close your incision, you may remove the steri-strips after one week.

BATHING:

Showering, bathing, and washing your hair are perfectly acceptable.

SEXUAL INTERCOURSE:

Avoid intercourse until your physician sees you at your post-operative appointment. Due to the risk of infection and bleeding, you should not douche or place anything into the vagina such as tampons.

RETURN APPOINTMENT:

At the time of your discharge, please call our office and make an appointment with your physician for four weeks after surgery. If you have any problems or questions prior to this appointment, please do not hesitate to contact our office at 930-1800.