

HENDERSON & WALTON

WOMEN'S CENTER, P.C.

TRANSVAGINAL HYSTERECTOMY

DISCHARGE INSTRUCTIONS

GENERAL:

If you have a hysterectomy, you will need to stay in the hospital overnight. The length of your hospital stay depends on the type of hysterectomy that was performed. With a vaginal hysterectomy, you will not have any scarring on your abdomen and typically the healing time is shorter than with an abdominal hysterectomy. Women who have vaginal surgery often have stitches inside the vagina and may experience some light vaginal bleeding or pink to brownish colored discharge as the sutures begin to dissolve.

PAIN MANAGEMENT:

Women having this procedure will have some pain or discomfort. This will improve over time and can be appropriately managed with pain medications. It is advised that patients take prescription medications only as directed by their physician. **If you experience any of the following concerns, you should immediately notify your physician:**

- *Abdominal pain or bloating that is severe, lasts for several hours or more, and is not relieved after taking the recommended dosage of pain medication.**
- *Shortness of breath or chest pain**
- *Nausea or vomiting that continues for more than 48 hrs and you are unable to drink or eat**
- *Fever greater than 101.0 degrees**
- *Foul smelling, green, or dark yellow vaginal discharge**
- *Inability to empty your bladder**
- *Inability to have a bowel movement for three days**
- *Loose or bloody stools**

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 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. You may use over-the-counter laxatives, milk of magnesia, mineral oil, or stool softeners if needed.

ACTIVITY:

Following your procedure, it is normal to feel tired for several days after surgery. To promote healing, it is important to rest during this time. It is also important to walk around several times per day. By doing this, it will help prevent complications such as blood clots, pneumonia, and gas pains. 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 after surgery or while taking prescribed pain medication. 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:

Some light vaginal spotting or bleeding is expected and may continue for several weeks following your procedure. Occasionally (during the first week), you may have an episode of heavy bleeding when you stand up or after urinating. If the bleeding is excessive (more than a menstrual period or completely soaks a large pad in one hr), you should contact your physician. To promote healing and reduce your risk of infection you should not put anything in your vagina until the tissues have had time to completely heal. This includes tampons, douches, and all types of sexual activity that involve the vagina. Your physician will inform you when it is safe to resume these activities.

BATHING:

Showers are permitted, but tub baths and swimming should be avoided until your physician states it is safe to do so.

URINATION:

Normally, a catheter is placed at time of surgery to empty your bladder. In some instances, this can cause a bladder infection. With vaginal surgery, you may feel a pulling sensation during urination or you may feel sore if the urine falls on the vaginal stitches. If you experience any of the following, please contact our office:

1. Burning with urination
2. Needing to urinate frequently or urgently and then urinating only a few drops
3. Temperature greater than 101
4. Pain on one side of your upper back that continues for several hours and keeps coming back
5. Inability to urinate

SEXUAL INTERCOURSE:

Intercourse should be avoided until your physician sees you at your post-operative appointment.

RETURN APPOINTMENT:

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