

HENDERSON & WALTON WOMEN'S CENTER, P.C.

POST OPERATIVE INSTRUCTIONS FOR MAJOR SURGICAL PROCEDURES

Now that your operation is over, your physician expects you to continue on to a rapid recovery! Here are some instructions that may prove beneficial to you in the days ahead.

If you need assistance or have any questions concerning your recovery, etc., our office is always happy to assist you. We can be reached at 930-1800 or 1-800-264-1075.

POST OPERATIVE CARE

At the time of your discharge, call the office and make your appointment with your physician for four weeks after surgery. This will be your post operative check-up. If you feel you may need pain medication, discuss this with your physician before you are discharged. If you have staples in your abdominal incision, please call the office for a one week appointment to have them removed.

General Activity

You will need to rest often and stay at home for the first several days after surgery. Also walking and activity reduces the risk of blood clots in your legs. After receiving your physician's approval, you may drive 48 hours after no longer taking prescription pain medication. It may require four to six weeks following your surgery before you are completely able to resume all normal activities. Recovery is progressive, and each day you will feel better.

It is advisable not to do any heavy lifting while recovering. Strenuous work is to be avoided. Walking is fine, and you will feel better if you do walk each day. Walking up and down stairs is allowed in moderation. Remember, "progressive activity" is the key to a rapid recovery.

Showering, bathing, and washing your hair are perfectly acceptable. Soaking in a warm bathtub twice a day, 15 minutes each time, the first week you are home will help alleviate discomfort and promote healing.

Marital relations may be resumed after your physician allows it. Douching is to be avoided unless you are instructed to do so.

Post Operative Care for the Abdominal Incision

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. This is not a painful procedure.

DIET

There should not be a problem with constipation if you eat a well balanced diet. Here are some guidelines that will help you to avoid this problem:

1. Include roughage in your diet: fruits and vegetables - especially prunes, lettuce and celery. Bran cereal may also help.
2. Drink six to eight glasses of water daily and drink more juices.
3. Call the office for additional advice if these pointers do not seem to alleviate the problem.

DISCOMFORT

You will be given a prescription for post-op pain medication prior to you discharge. If your pain is not relieved by your medication, please notify our office.

POST OPERATIVE COMPLICATIONS

Our office is always happy to assist you. Listed below are some symptoms which indicate that further instructions are necessary.

1. A yellow-green vaginal discharge with a persistent odor
2. Temperature over 101 degrees
3. Unusual pain
4. Heavy or unusual bleeding

Call our office immediately if you experience any of these symptoms.

We know you'll be feeling much better very soon!