

## DISCHARGE INSTRUCTIONS FOLLOWING GYNECOLOGICAL SURGERY

You are being discharged after you have had a hysterectomy, vaginal repair, vaginal suspension or other major gynecological surgery. The best instruction we can give you is that you can do anything your body will let you do except:

- lift over 30 lbs (if TVT-O or TVT procedure, no lifting over 5 lbs)
- have intercourse,
- use a tampon.

These should be avoided until you have your 5-6 week check-up.

Normally, you may:

- climb stairs
- walk as much as you can tolerate,
- have a bath and/or shower,
- take a laxative or enema if needed,
- eat what you wish, unless you are on another restricted diet,
- drive a car after 1 week, if you are not on sedating or pain killing medications. Be sure you wear your seatbelt.
- go shopping for a short time,

- cook,
- do laundry (do not carry heavy laundry baskets),
- do any activity in moderation, keeping in mind your lifting restrictions.

You will no doubt tire more easily than usual, and your full strength will not return for 6-8 weeks. As a result, you may return to work anytime you feel able, as long as you don't lift anything over your limit. You must, however, keep in mind that even with very light duty, you may feel exhausted after 2-3 hours and may need a nap. If your employer wants you back for a full 8-hour day, you may not be able to do it for 6 weeks or so.

We may want to see you within the first 7-14 days following your surgery to remove stitches or staples, or go over any pathology reports with you.

Otherwise, we will see you for a final check 5-6 weeks from the date of your surgery. At that time, we usually do an internal exam, possibly check your blood, and may discuss hormone

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therapy with you if needed. If all is well, you will be discharged from our care and returned to your family doctor.

Occasionally, complications may occur after you leave the Hospital. These may include:

- inability to void or have a bowel movement,
- increasing pain,
- increasing bleeding,
- fever.

Should any of these occur, please call us or come to the Emergency Department to be assessed.

We wish you a quick and uneventful recovery, and hope that you will be back to your usual self in a few weeks.

### **YOUR SURGEON'S**

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### **YOUR APPOINTMENTS**

\_\_\_\_\_  
\_\_\_\_\_

### **MEDICATIONS:**

\_\_\_\_\_  
\_\_\_\_\_

### **SPECIAL INSTRUCTIONS:**

\_\_\_\_\_  
\_\_\_\_\_

### **POST-OPERATIVE APPOINTMENT:**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

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