

POST OPERATIVE ABDOMINAL HYSTERECTOMY INSTRUCTIONS

1. You are encouraged to resume normal daily activities as soon as you feel comfortable to do so.
2. Walking is encouraged. Limit stairs for 1 – 2 weeks to 2 round trips per day then gradually increase.
3. Showers are permissible. No tub baths for 2 weeks.
4. Return to work after your post op visit and when you have regained sufficient stamina and mobility.
5. Avoid heavy lifting (>13#s of weight) from the floor for 4 – 6 weeks.
6. If you can not easily lift an object with one hand then ask for help.
7. No intercourse for 6 weeks.
8. No driving for 2 weeks and full mobility returns and no more need for narcotics or other sedating medications.
9. The first time you drive, please have someone with you.