

POST OPERATIVE VAGINAL HYSTERECTOMY INSTRUCTIONS

1. You are encouraged to resume normal daily activities as soon as you feel comfortable to do so.
2. Walking is encouraged and stair climbing as needed.
3. You may take a shower, no tub bath for 2 weeks.
4. Avoid lifting over 20lbs for 6weeks.
5. No vaginal intercourse for 6 weeks or after seen for post op visit.
6. May drive in 1 – 2 weeks and when you are no longer taking narcotics and have full mobility
7. Call if increase in pain, persistent nausea and vomiting, bleeding heavier than a menstrual cycles or any fever of 100.4 or greater or any sign or symptom of infection
8. You may return to work when fully mobile, and sufficiently stable. Please call prior to returning to work.