

Women's Physicians in OBGYN, INC.

Post-op orders vaginal hysterectomy

Fatigue is normal for several weeks or even months. You have undergone a major surgery even though you do not have visible incisions. Rest when you are tired and do not push yourself to the point of exhaustion.

Sitz Baths may be comforting for perineal discomfort, swelling, or increased vaginal discharge. A sitz bath is accomplished by sitting in about two inches of comfortably warm water-in a bath tub or in a specially made container that fits on the commode. You may sit on the sitz bath three times per day for as many days as you desire. You may also find ice packs comforting.

Stairs You may go up and down steps, but you may need to limit your trips to avoid fatigue.

Vaginal Penetration please refrain from intercourse douching and tampon use until you are seen for your post op visit.

Lifting, Straining You should lift no more than 10-15 pounds and no straining, until seen for your post op visit. Light daily housework may be acceptable if you feel ready. Refrain from any activity that causes pain. Activities that involve staining such as golf and tennis should be avoided for 6-8 weeks.

Driving You may drive once you feel like you are pain free. You should not drive if you are still using narcotics for pain control.

Bowel Movements You may use a stool softener such as Colace until your stools are back to a normal consistency. It is best if you do not "strain" to pass your urine or stool. If necessary, you may find it easier to void or defecate in a sitz bath for the first few times.

Bleeding A small amount of red or pink vaginal bleeding is not unusual. This can be due to tiny capillaries on the vaginal skin edges. If you experience bleeding more than a super pad in an hour for two hours or more you should call your physician.

Vaginal Discharge You may notice an increase in your vaginal drainage. This is due to a chemical reaction the body performs to dissolve the suture material. This may last for up to several weeks and can be relieved by taking sitz baths.

If you have problems after attempting the suggestions on this sheet, please contact your doctor's nurse at 734-3347 during regular business hours.