



Gynecologic Surgery Discharge Instructions

Following your gynecologic surgery, this document provides guidance on activities and care post-surgery. Remember to take it easy during your recovery.

Activity:

- Limit activity for 4-6 weeks.
- Avoid lifting anything heavier than 10-20 pounds.
- Steer clear of strenuous activities like mowing the lawn, vacuuming, lifting laundry, or engaging in sports (no high impact or core exercises for 6 weeks).
- Begin with short, slow walks and gradually increase pace and distance. No distance limit.
- Listen to your body; stop any activity causing pain.
- Refrain from driving while requiring narcotic pain medication or experiencing significant discomfort. Short car trips are permissible.
- Rest when fatigued.
- Do not engage in sexual intercourse or use tampons or douches until cleared by your doctor (typically at least 6 weeks post-surgery).
- Avoid soaking in bathtubs or swimming until medically cleared.

Home Care:

- Keep incision clean and dry; shower as needed using mild soap and warm water to gently wash the incision, then pat dry (do not apply lotions or ointments).
- Take prescribed pain medication and use Tylenol as needed.
- Monitor temperature daily for 1 week post-surgery.
- Gradually return to your diet; opt for a healthy, well-balanced diet. A soft diet is recommended until bowel activity resumes.
- Expect vaginal bleeding resembling a light period or spotting for up to two weeks after surgery, with potential bleeding again at 6 weeks when sutures dissolve. Panty liners may be used. Watery yellow discharge with a musty odor as sutures dissolve is normal. Seek immediate evaluation if experiencing excessive bleeding or foul-smelling discharge.
- Avoid alcohol while on narcotics.
- Apply ice pack to perineal area three times a day (wrapped in a towel) during the first week post-surgery to reduce pain and swelling.
- Prevent constipation; use laxatives or stool softeners as directed by your doctor (options include Colace, Miralax, Senna S, or Pericolace).
- Maintain hydration by drinking 6-8 glasses of water daily unless advised otherwise.

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Follow-Up:

- Schedule a follow-up appointment per staff instructions.

When to Seek Medical Attention:

Contact our office immediately if experiencing

- Fever above 101°F or chills.
- Bright red vaginal bleeding or foul-smelling discharge.
- Vaginal bleeding saturating more than one sanitary pad per hour.
- Difficulty urinating or burning sensation when urinating.
- Severe abdominal pain or bloating.
- Redness, swelling, or drainage at the incision site.
- Shortness of breath.
- Vomiting.
- Severe constipation (if no bowel movement or flatus within 72 hours post-discharge).