



Inpatient Post Operative Instructions

If you have questions or concerns that are not addressed in these instructions, please call our office at any time. **(304-697-2035)** The office number will reach our answering service after hours. They will notify us. If for any reason, you can not reach your doctor or his/her associates, call the emergency room of the hospital where you had your surgery or go to the emergency room.

Please follow these instructions carefully:

Activity:

- ◆ Most women are able to resume their normal activities within four to six weeks.
- ◆ We recommend that you avoid all heavy lifting and dangerous activities for six weeks.
- ◆ Do not put anything in your vagina, have intercourse, or douche for at least four weeks.
- ◆ You may bathe or shower as soon as you feel up to it.
- ◆ Light activity, such as walking, is helpful in the recovery process.
- ◆ If you have any doubt whether an activity is safe, call the office first.

Common Side Effects:

- ◆ Spotty bleeding
- ◆ Constipation (may treat with Colace or Metamucil)
- ◆ Chest and abdominal discomfort
- ◆ Mild upset stomach (may treat with antacid such as Mylanta)

Wounds:

- ◆ If you have a wound, keep it covered for three days.
- ◆ Keep wound clean and dry. Wash with soap and water then pat dry.
- ◆ Change dressing daily if it becomes wet or soaked. No ointments are necessary.

Medications:

- ◆ Your doctor will give you prescriptions prior to your leaving the hospital.
- ◆ If your pain is not controlled by the medication prescribed to you, call our office.
- ◆ If you experience side effects from your medication or have any other concerns regarding your medication, call the office.

Appointments:

- ◆ If you do not have a follow-up appointment for four weeks after your surgery, please call the office as soon as possible. Tell the receptionist you need a "post-op" appointment.

Any Questions?

Call
Your Doctor's
Nurse
**(304)
697-2035**

St. Mary's
Emergency
526-1111

Cabell
Emergency
526-2200

Warning Signs! Call Your Doctor or Hospital!!

- ⊗ Bleeding more than spotting for hysterectomy patients
- ⊗ Fever over 100 degrees
- ⊗ Pain that will not respond to medication
- ⊗ Inability to keep liquids down
- ⊗ Trouble with wound (leaking or spreading redness around incision)