

Call within a few days after dismissal from the hospital for your 6-week checkup. Schedule a 1 or 2 week appointment for a follow-up also if your doctor has so instructed you to do so.

Let common sense and fatigue guide you concerning general activity after returning home. Specifically, light housework is permissible, but avoid heavy lifting or strenuous activity. You may climb stairs as long as you do it slowly. Gradually increase your activity back to normal as tolerated. You may drive a car as soon as the incision heals to a point that you can get your foot from the gas to the brake quickly. This is usually one to three weeks after major abdominal surgery and one to two days following minor surgery.

For major abdominal or vaginal surgery (i.e. requiring overnight hospitalization), do not douche, wear tampons, or have intercourse before your 6-week checkup. For laparoscopy and/or other outpatient surgery, none of these should be attempted for 6 to 10 days. If you have an abdominal incision, please do not take a tub bath for one week after discharge. You may take showers and wash your hair in the mean time. If you have a bandage, change it daily until the incision is dry, then no bandage is needed. Remove any steristrips from the incision after one week from being discharged from the hospital.

Mild vaginal bleeding may continue for up to 2 to 4 weeks after surgery, especially after an endometrial ablation, where uterine cramping and an unusual discharge are also common. If the bleeding lasts much longer than that or if you experience heavy bleeding, especially with flow requiring frequent protection changes, please notify the office.

Watch for signs of wound infection such as redness, point tenderness, local heat and/or drainage from the incision. A low grade temperature is common after any surgical procedure but if your temperature is over 100.5 degrees, then it is recommended you contact our office. Other warning signs that should result in a call to the office would include high fever and/or chills, severe pain in the chest or leg pain especially if associated with swelling or discoloration.

A regular diet may be eaten unless otherwise instructed. For constipation, drink plenty of water and use a stool softener with or without a mild laxative. Colace[®] or PeriColace[®] (or generic) may be purchased over-the-counter and should be taken as directed on the label.

If you find that you are running low on prescription pain medicine and you feel that you will require a refill, please call our office during regular business hours. Requests for controlled substances may not be able to be fulfilled otherwise. Any lost or stolen pain medication will not be able to be replaced, so be especially careful to maintain personal control of these prescriptions.

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