



## Post Operative Instructions - Major Surgery

### General Activity:

It usually takes 4-6 weeks to feel completely normal, however, you will feel better each day. You should gradually increase your activity each day, but it is important to avoid strenuous work, heavy lifting, and becoming overtired. It is fine to use stairs, just take them slowly at first.

### During the first 2 weeks:

limit driving, bending and prolonged standing. Listen to your body! If an activity hurts you or makes you excessively tired, you are not yet ready for it.

Although walking and upper body exercises are fine, do not perform abdominal exercises for at least 2 weeks, and restart them very gradually.

You may shower as often as you like. Avoid soaking incision in tub for 2 weeks.

If you had a hysterectomy or vaginal operation, avoid intercourse, tampons and douching until after your 4-6-week checkup.

### Appointments:

Please call the office to make an appointment for a 4-week checkup. Definitely call earlier if you experience fever over 101 degrees, heavy bleeding, severe pain, drainage from your incision, or for any other concern.

### Diet:

You can resume your regular diet. It is very important to avoid constipation, which can be treated with Milk of Magnesia or any other mild laxative of your choice. Please take action to avoid ever passing more than 2 days without a bowel movement.

### Medications:

Common pain medications like Tylenol, Advil, and Aleve can be taken as needed. If you were given a prescription for narcotics, such as Codeine or Percocet, you may take them as needed. Take any other prescriptions given to you, and resume any other medications that you usually take for medical problems (like asthma or blood pressure meds). It is important to wean yourself off of the narcotics substituting plain or Extra Strength Tylenol, Advil, Motrin or Aleve as using narcotics around the clock will result in constipation and subsequent stomach pain.

### Incision:

Keep your incision clean and dry. You do not need to scrub it or apply any special cleansers. Do not avoid cleaning it, however! If you have Steri-strips, please remove them after one week. Some sensation of burning, tingling or numbness is normal.

### Bleeding/Vaginal Discharge:

It is normal to have some bleeding and/or vaginal discharge. Please call if you have heavy bleeding or a foul-smelling discharge.

Our best wishes for a rapid recovery!