

Post Op Instructions after GYN Surgery

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Anesthesia:

You may feel somewhat dizzy or sleepy after surgery due to effects of the anesthesia which can remain in your body for up to 24 hours. It is advised not to drive a motor vehicle, consume alcohol, operate heavy machinery or make any important business decisions for the next 24 hours. Try to rest for the remainder of the day.

Incision Care:

If you have an incision, remove bandage in 24 hrs. You can take shower. Let the soap water go over the incision, rinse with clean water and dab it dry. Blood tinged serous discharge is normal. If drainage is turning dirty yellow and foul smelling and redness around the incision is spreading, call your doctor.

Bleeding:

Light spotting and bleeding is expected for up to ten days after surgery. Use a sanitary pad during this time and change it regularly. DO NOT use tampons. If soaking a pad within 30 min, call your doctor.

Pain:

After the procedure, patients tend to experience some discomfort such as cramping and/or pain. This is normal. Your doctor may recommend non-steroidal anti-inflammatory drugs (NSAID) such as Motrin or Ibuprofen (600 mg every 6-8 hours as needed) to manage your pain. However, your doctor may prescribe a mild narcotic pain medication, based on the situation, which should be taken as directed. If you had major surgery, you can alternate between narcotic and NSAID as needed. Take narcotics only for severe pain to minimize narcotic induced constipation.

Food:

You may feel nauseous because of the anesthesia medications. Start with water, juice, crackers. If you keep it down, gradually restore your diet to normal starting with easy on stomach foods like soups, pasta, toast etc. Once you have regular bowel movements, restore regular diet.

	Very Poor	Poor	Fair	Good	Very Good
Please rate the extent to which you have been able to understand the program's objectives.					
Good to Great: Level 5 Leadership with Comment:					
Four Year Perspective: 2003-2006 - Partners HealthCare System, with Comment:					
Quality Leadership: Lessons Learned, with Comment:					
HCAHPS: Normative Results & Priorities, with Comment:					
Press Ganey Statistics 101, with Comment					
Patient Loyalty Innovations, with Comment					
EMT Update, with Comment					
Best Practices, with Comment					
Patients Quality Care, with Comment					

Activity:

Patients usually return to their normal activity within a day or two for minor surgery. You should refrain from sexual intercourse, tub baths and using a tampon for at least 2 weeks for minor surgery, 6-8 weeks after hysterectomy or until your post-op visit with your doctor. Douches should be avoided to reduce likelihood of infection. If you had hysterectomy or other major surgery, no driving permitted until seen by your doctor and no exercises for 6-8 weeks especially the ones that increase your intra-abdominal pressure.

Bathing/Swimming:

You may shower when you feel comfortable. It is recommended that you not swim or soak in a hot tub or bathtub for two to six weeks. This is to prevent any vaginal infections after surgery.

Notify your physician if any of the following occur:

- You have a fever greater than 101 degrees F.
- You have severe pain or cramping not controlled with pain medications prescribed.
- You have heavy vaginal bleeding (soaking maxi pad within 15-30 min, at least 2 times in a row and/or associated with dizziness, palpitations).

Follow up:

Call today (215-444-3411) to make post-operative appointment in 1- 2 weeks.

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