



Post Op Instructions

After surgery you are able to move around as normal and go up and down stairs. You may need more rest in the first several days after the surgery but you do not need to be bedridden during your recovery.

Incisions will be covered with a surgical skin adhesive. This area can get wet, but do not scrub or pick the adhesive off the incision.

Take the Ibuprofen (Motrin/Advil) as scheduled and if you have break through pain after the Ibuprofen, then take the opioid as prescribed.

You may shower the day following your surgery.

Call the office if you have:

- Difficulty urinating or having a bowel movement
- A fever greater than 100.4
- Concerns regarding your incision
- Vaginal bleeding that is more than spotting and increasing pain despite taking the medication as prescribed

Please avoid:

- Lifting anything greater than 10 pounds for 6 weeks
- Driving (unless otherwise instructed) for 2 weeks or while on narcotic pain medication
- Intercourse for 6 weeks
- Use of tampons for 6 weeks
- Strenuous exercise for 6 weeks

Constipation:

- Colace 100 mg twice daily for stool softener

Please call our office if you have any questions.