

POST-OPERATIVE INSTRUCTIONS



FOR YOUR POST-OPERATIVE HEALING

GENERAL INFORMATION

- The dressings applied over your incision(s) should be removed the day after surgery.
- There is no need to reapply a dressing unless drainage is present.
- You may shower the day after surgery if you are able to stand and walk without dizziness.
- Be sure to dry the incision(s) well after showering. **Do NOT submerge in water**, i.e. the bathtub or pool for at least 2 weeks after surgery.
- You may develop pain in one or both shoulders, in the chest, or in the upper abdomen as a result of air trapped in the abdomen that puts pressure on the diaphragm.
- This usually improves with position changes. Try lying flat, then changing sides.
- **Do not ignore chest pain unrelieved by position changes, especially if accompanied by difficulty breathing. Go to the Emergency Department for evaluation.**

Call the office at 770-292-2670 if:-

- you have a fever > 101F, twice, 6 hours apart;
- you have a green/yellow discharge from incision(s);
- your incision(s) becomes red or appears to be open;
- you have no pain relief despite all recommendations.

PAIN MEDICATION PROTOCOL

- You will receive a prescription for pain medication after surgery at discharge. Take as needed according to the instructions on the prescription.
 - **Do not take acetaminophen (Tylenol) when taking prescription pain medications.**
 - You may also take one of the following, unless instructed otherwise:
 1. **Ibuprofen 800mg** 1 by mouth every 8 hours, (Advil or Motrin).
 2. **Naproxen 440mg** every 12 hours, (Aleve).
 3. Apply a **heating pad or cold/ice pack** as needed.
- *Northside Hospital Forsyth's Home Care Pharmacy (located next to the Emergency Department entrance) is the best place to fill your prescriptions at discharge.*
- *They are open 7:30am – 5:30pm Monday – Saturday but you may request your prescriptions early if your discharge will be after 5:30pm.*
- *We do not issue prescriptions for pain medications beyond the time period specified below for each procedure. If you continue to experience pain requiring prescription pain medication, you must see a Pain Specialist.*

Hysteroscopy -----	1 week
Vaginal Procedures -----	2 weeks
Laparoscopy/Robotic -----	2 weeks
Robotic Hysterectomy -----	4 weeks
Laparotomy/Abdominal Hysterectomy -----	6 weeks