

BLUE RIDGE WOMEN'S CENTER

Post-Operative Instructions

Outpatient Surgery

BLEEDING

Expect some vaginal bleeding after surgery. You should expect to need to wear a minipad and change it several times a day. Bleeding may be somewhat heavier if you had a D and C. Please do not use tampons or douches for 2 weeks after surgery, unless instructed otherwise by your doctor.

INCISION

If you have an incision on your abdomen, there may be visible sutures or sutures under the skin that will dissolve. You need an appointment to remove visible sutures in the office. You may remove any Band-Aids the day after surgery and may wet your incision without fear. Skin may be sealed with Dermabond (skin glue) which wears off on its own over 4-6 weeks. If you have Steri-Strips (small clear or white pieces of tape) across your incision, these may be removed when they are loose (or after 2 weeks) by simply pulling them off. Expect pain around the incision. The area under and around the incision may also be firm to the touch as healing progresses. Your incision may have slight drainage and may be covered with a Band-Aid if needed, but it is not necessary to keep a dressing on the incision after you leave the hospital. A red, swollen incision with foul smelling or pus drainage is not normal.

VAGINAL PACKING / CATHETER

Please come to the office before 10 AM the day after surgery for removal of the packing and / or catheter by the nurse.

PAIN

You can expect pain around any incisions, in the pelvic area, and if you had laparoscopy you may also have pain in your shoulder area. Please take your prescribed pain medications as needed, or you may take Tylenol or Advil. A heating pad or pack may be used for comfort. Pain gradually improves as healing progresses.

FEVER

If you think you have a fever, please take your temperature with a thermometer. If it is 101 degrees or more please call our office.

BATHING

You may shower or take tub baths as desired and you may wash or wet your incision without fear. After bathing pat your incision dry with a clean towel. Warm tub or sitz bath soaks for 15 minutes several times a day helps decrease pain and speed healing of vaginal sutures.

ACTIVITY

Expect to be sleepy or groggy the day of surgery as the anesthesia wears off. The day following surgery you may resume your normal routine as tolerated. Most people are back to a fairly normal level of activity within 2 to 3 days following minor surgery. Ask your doctor before resuming a vigorous exercise program.

MEALS

You may eat and drink as tolerated. If you experience nausea and vomiting that prevents you from keeping clear liquids down for more than 4 hours please call our office.

DRIVING

You may drive the day after surgery, but please use your own common sense. If you are in pain, weak or dizzy or require narcotic pain medication do not take the chance of having an accident.

WORK

You may return to work in _____ days/weeks.

SEXUAL INTERCOURSE

You may resume sexual intercourse as instructed by your doctor.

Your Post-Operative appointment _____

Call our office for questions or problems 864-482-2360

