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Obstetrics & Gynecology

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OUTPATIENT POST-OP INSTRUCTIONS

- 1) After you are dismissed from the hospital, go home and rest in bed; getting up only to go to the bathroom and for meals. Post laparoscopy patients should keep a pillow under their hips and lower back to minimize the sharp and dull achiness often experienced in the right shoulder. This should resolve slowly over 2 to 3 days. You may gradually increase your activity the following day as tolerated.
- 2) Your diet following surgery should be limited to clear liquids and bland solids. Advance the next day as tolerated.
- 3) It is normal to feel the effects of anesthesia for 24 to 48 hours after surgery. These include transient nausea, tiredness, and occasionally difficulty voiding. If you have any problems voiding completely, do not hesitate to call. Due to the unpredictable nature of anesthetic agents and patients their effects on your senses, and alertness; I recommend against driving, using dangerous equipment or performing complex tasks for the first 24 hours after surgery.
- 4) You may shower the following day. Pat dry any incisions and keep covered for the first 2 days. To remove any dried, old blood; you may clean the incisions with Hydrogen Peroxide. **Do** notify me if there is any pain, redness, or discharge more than a drop or two.
- 5) It is normal to experience a small to moderate flow of vaginal bleeding after laparoscopies, D & C's, or conizations of the cervix. You may also pass a small clot or two. You should then keep your feet elevated and watch for further bleeding. If it slows, then continue to watch it carefully. If it becomes significantly heavier, please call.
- 6) **Please watch for the following danger signs:** Fever greater than 100.4, worsening or severe abdominal pain, chest pain, faintness, shortness of breath or difficulty voiding. Please call if you develop any of the above symptoms.
- 7) Do not douche, use tampons or have intercourse:
 - ❖ one week for D & C's or laparoscopies
 - ❖ two weeks for miscarriages
 - ❖ three weeks or until I see you in the office for conizations of the cervix
- 8) Please see me in my office in 2 weeks so I can evaluate your progress and check your incisions for infection. At this time I review your pathology and plan future treatments if necessary.
- 9) Your follow up appointment with Dr. Safely is _____.
- 10) I always arrange for someone to answer any questions that may arise if I am out of town. If, for any reason you are unable to reach me or the "on call" physician and you have any of the above "**danger signs**", please go to the emergency room at North Hills Hospital (817) 255-1000. After office hours please contact our answering service at (817) 370-3855.

I have read and understand the above instructions and have been given a copy to take home.

Patient Signature _____ Date _____

Witness _____ Date _____