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DISCHARGE INSTRUCTIONS-ABDOMINAL SURGERY

General Info

- 1st 2 weeks: Maintain minimal activity (up to the bathroom). You should stay at home unless there is an emergency. Do not drive during this time. Plan to rest most of the day. You may increase your activity as tolerated after the first week.
Eat a regular diet using foods you tolerate well. Avoid raw vegetables, salads, and fried or spicy foods for the first 1-2 weeks.
Increase your fluid intake during this time. If clear sodas bother you, try drinking them at room temperature after stirring with a straw to remove excess bubbles.
- 2nd 2 weeks: Increase your activities slowly and gradually as tolerated. If you begin to hurt, become tired, or have vaginal bleeding-**SLOW DOWN**-you are overdoing it.
You may drive to the 2 week post op visit if you're doing well.
You may also start walking, but avoid exercise that put stress on your incision(s). i.e. No sit ups for abdominal hysterectomies.
- 3rd 2 weeks: Vaginal spotting may persist for 3-4 weeks. It is not unusual for it to become heavier at this time due to sutures dissolving.

No intercourse, tampons or douching until you are cleared by Dr. Safely.

Complications

- ◇ Watch for vaginal bleeding greater than a normal menses.
- ◇ Temps >100.5.
- ◇ Severe or worsening abdominal pain.
- ◇ Redness, drainage, or swelling at the incision.
- ◇ Difficulty or incomplete sensation after voiding.

General Activity

Keep your incisions clean and dry. You may use Hydrogen Peroxide diluted 50/50 in tap water as necessary. Also, utilize your shower or bathtub (Sitz Baths) twice daily during the first 2 weeks decreasing (if desired) to once daily thereafter to keep your incisions clean. You may allow soapy water to gently clean your incisions and pat dry without rubbing.

Normal activity is generally reached 6-8 weeks after surgery. It is **not uncommon** to experience occasional days of "soreness and fatigue" after a prior "busy" day even up to one year post op.

Medicines

I will generally send you home with a moderate narcotic (Vicodin or Darvocet.). Please take it alternating with Motrin. If you need more pain relief or want to decrease the amount you're taking, try using a heating pad for 20-30 minutes at a time.

Post-operative appointment:

Your post-operative appointment with Dr. Safely (following surgery) is scheduled for _____ at _____.