

GENESIS OB/GYN, INC.

POST OP INSTRUCTIONS
FOR HYSTERECTOMY/LAPAROTOMY

ACTIVITY:

1. For 2 weeks post surgery, do nothing more than relax and rest.
2. Do not lift anything heavier than 10 lbs.
3. Two weeks post surgery, you may do light housework, walk, and limited stairs.
4. At your two week post surgery check up it will be determined whether or not you may begin driving.

HYSTERECTOMY:

Put nothing in your vagina for 6 weeks. No tampons or intercourse.

LAPAROTOMY:

Put nothing in your vagina for 3 weeks. Normal sexual relations may begin after that time.

DIET:

Eat light meals and avoid spices and gas-producing foods like beans. Take Metamucil or other stool softener.

WARNING SIGNS

Call for fever, trouble urinating, increase in pain or bright red discharge.

APPOINTMENT:

Make an appointment for 1 week with the Nurse Practitioner for an incision check.