



**Post-Operative Instructions**

Patient: \_\_\_\_\_

Operation(s): \_\_\_\_\_  
 \_\_\_\_\_

While your experience may vary, recovery following gynecologic surgery generally occurs rapidly, with modest discomfort. You should rest for the remainder of today. Then gradually increase activities as tolerated. Eat lightly and drink plenty of fluids. The following instructions will guide you through your recovery.

- You may return to work in \_\_\_\_\_ day(s).
- If you exercise regularly, gradually resume this in one week unless instructed otherwise.
- Abstain from intercourse, douching, or placing anything in your vagina for \_\_\_\_\_ days.
- Remove Band-Aids tomorrow morning. Showers are permitted thereafter. Replace Band-Aids only to absorb discharge from incisions.

Please be aware of the following concerns:

**Pain:** Take Motrin® (Ibuprofen) 600mg ( 3 over-the-counter 200 mg tablets) every 6 hours for first \_\_\_\_\_ days; then only as needed thereafter. If pain remains intolerable, then in addition Take \_\_\_\_\_, \_\_\_\_\_ tablets every \_\_\_\_\_ hours as needed.

If despite medication your pain grows stronger and becomes unbearable, call my office. Do not drive or operate dangerous machinery until off prescription pain medication for over 24 hours.

**Bleeding:** This will vary depending on the operation. Vaginal bleeding should not exceed a heavy menstrual period. If bleeding consistently saturates a pad every hour, call my office.

**Infection:** If you feel warm or chilled, check your temperature. If you have a persistent fever greater than 101.5°F or 38.5°C for more than 6 hours, call my office. In addition, if you have a skin incision which becomes increasingly red or leaks pus, call my office.

**Bladder:** You should be able to empty your bladder every 6 hours. Please call if you are unable to void.

**Bowels:** Bowel movements may be delayed for a few days. You may use a laxative, like Milk-of-Magnesia according to package instructions, if constipation continues past the 3<sup>rd</sup> day after surgery.

Special Instructions: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

If you have not already done so, please schedule a post-operative appointment with my office for approximately 2 weeks from today.

\_\_\_\_\_  
 Doctor

\_\_\_\_\_  
 Date