

**Jeffrey M. Blake, M.D.**

Wilbur S. Roby Medical Office Bldg.  
141 W. 22nd Street, Suite 309  
Anderson, IN 46016

## **DISCHARGE INSTRUCTIONS FOR GYNECOLOGY PATIENTS**

1. Call the office as soon as possible to make an appointment for 4 weeks after your discharge:  
**(765) 646-8569.**
2. **Activity**
  - No heavy lifting of over 15 pounds for 2 weeks
  - Limit stair climbing for a minimum of 2 weeks.
  - No driving for 2 weeks.
  - No strenuous activity for 6 weeks.
  - Limit yourself to light housework (i.e., dusting) for 2 weeks. **NO** cleaning tubs or vacuuming (as strong as the urge may be).
  - No intercourse for 2 weeks or as specified at time of discharge.
  - *Gradually* increase level of activity; if you become exhausted, you've done too much!
  - **IF IT HURTS -- DON'T DO IT!**
3. **Care of Incision**
  - Shower daily.
  - If taking baths, don't soak incision for 2 weeks.
  - Pat dry incision until well healed.
  - Call the office if you notice redness, swelling, increased tenderness or *heavy* drainage from incision.
4. **Constipation**
  - To prevent constipation, drink 6-8 glasses of fluids/day, eat high fiber foods, prunes, etc.
  - Milk of Magnesia, Metamucil or Citrucel are okay.
  - If worse comes to worse, you may try Dulcolax suppositories or a Fleets enema (even if you had a rectocele repair)
  - Call during office hours if these methods are ineffective.
5. **Call Office Any Time You Experience:**
  - Bleeding heavier than a period.
  - Severe abdominal or back/flank pain, severe nausea or vomiting, or shaking chills.
  - Fever over 100.5. (take oral temperature 2-3 times a day for one week after discharge).
  - Burning on urination or inability to urinate.
  - If you do call the office, please have ready:
    - 1) List of specific symptoms and questions
    - 2) Recent temperature
    - 3) Name of procedure performed
    - 4) Pharmacy name and number
    - 5) List of allergies (to medications) and current medications

Please save general and non-emergent questions for office hours unless otherwise instructed.

## **POST HYSTERECTOMY INSTRUCTIONS**

1. Do not use tampons or douches for 6 weeks.
2. No intercourse for 3 weeks; no deep penetration for 4-6 weeks.
3. Expect a vaginal discharge for 3-6 weeks.
4. Take hormones if prescribed.
5. Do not soak for long periods of time in the bathtub for 2 weeks.
6. No swimming pools, hot tubs, etc. for 2 weeks.