

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.