

## DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC HYSTERECTOMY PATIENTS

Please note that instructions are slightly different if you had a Laparoscopic Supracervical Hysterectomy (LSH) vs. a Total Laparoscopic Hysterectomy (TLH)

1. If not already scheduled, call the office as soon as possible to make an appointment for 2 weeks after your surgery: **(765) 646-8569.**
2. **Activity**
  - No heavy lifting of over 15 pounds for 1 week
  - There is no limit to stair climbing.
  - No driving for 1 week.
  - No strenuous activity for 2 weeks.
  - Limit yourself to light housework (i.e., dusting) for 1-2 weeks. **NO** cleaning tubs or vacuuming (as strong as the urge may be).
  - No intercourse for 3 weeks if you had a **Laparoscopic Supracervical Hysterectomy** (still have your cervix), or 6 weeks if you had a **Total Laparoscopic Hysterectomy**.
  - *Gradually* increase level of activity; remember—you will still be tired for at least 2-3 weeks.
  - Listen to your body--**IF IT HURTS -- DON'T DO IT!**
3. **Care of Incisions**
  - Shower daily.
  - No baths for 1 week after TLH. Baths are okay after LSH, but don't soak incisions for 2 weeks.
  - Pat dry incisions until well healed.
  - You may remove band aids the day after surgery
  - Sutures in belly-button will dissolve and fall out in 2 weeks
  - Strips in lower incisions will fall off in 4-7 days
  - You may clean your incisions with hydrogen peroxide and apply topical antibiotics such as Neosporin if there appears to be any mild redness, irritation or drainage
  - Call the office if you notice more severe redness, swelling, increased tenderness or *heavy* drainage from incision.
4. **Constipation**—some changes in your bowels is normal following any surgery. Constipation may last for 2-4 weeks after the procedure.
  - To prevent constipation, drink 6-8 glasses of fluids/day, eat high fiber foods, prunes, etc.
  - Milk of Magnesia, Metamucil or Citrucel, Senokot 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. **Normal Post-Op Changes:** You will be bloated for 1-2 weeks following your surgery. This will

improve as you increase your activity. Some abdominal bruising is normal, as is drainage and small bleeding from your incisions. Vaginal bleeding and discharge are normal for up to 6 weeks, even if you still have your cervix.

6. **On Q Pain Pump Instructions:** You should have been sent home with a brochure on the On Q system. You may call the 800 number included with the information for any questions. If the plastic covering over the catheter insertion site becomes loose, try to reinforce it as best possible. Avoid getting the insertion site wet during showering. When the bulb is empty, you may remove the dressing, anchoring strips and catheter and bulb, and dispose of these at home. I promise that the catheter will slide out very easily. If instructed to do so, please return to the office for removal when the bulb is empty.

7. **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.