

## **Post-op Instruction Same Day Surgery**

Your surgery is over and now comes the recovery. The first few days can be rough but you should continue to improve each day. The recovery time is different for everyone because each body heals in their own way. We have tried to outline some things to watch for but as we can't cover everything please call us with any questions or concerns. There is a doctor available 24-7 to answer your questions.

Phone numbers: Office: 435-792-1920 Doctor on call: 435-716-1000

1. Please call immediately if you have any of the following:

- fever of 101F or higher
- severe abdominal pain
- heavy vaginal bleeding
- nausea and vomiting

2. What to expect

You will be in the hospital for about 4 hours after your surgery depending on how quickly you wake up and if you are feeling well. You should be able to walk and your pain should be controlled before your go home. You will need someone to drive you home and be with you for the rest of the day.

After going home you will continue to improve. The pain should decrease pretty quick and you should be needing only a few narcotics by a couple days post op. If you had a laparoscopy your incision will start to heal quickly. A little yellowish discharge is normal. You should be able to return to work in a few days. You can go back to work as soon as you feel up to it.

After a D&C you should be able to resume activity in 24 hours.

You will have a post operative check 2 and probably 6 weeks after your surgery.

3. Activity and diet

You can start increasing your activity as soon as you feel up to it. You can resume exercising at 24 hours. Your incisions are small or non-existent so lifting shouldn't be a problem. Nothing should be in the vagina for about 3 days then you can wear tampons or have intercourse. If you've had a D&C you should wait until your bleeding is about done before having intercourse.

Eating healthy well balanced diet is always best. Drink plenty of fluids. It may take a few days to have your first bowel movement.

4. Pain control

In the hospital you will be treated with IV and oral pain medications. Please use what you need. It has been shown that you will use more narcotics trying to "catch up" on pain control than if you stay on top of it through the day.

You should received a prescription for pain control before going home. Using Ibuprofen (Advil) 800mg every 6 hours, and acetaminophen (Tylenol) 1000mg every 4 hours will

also be useful. Be cautious, if your pain medicine is something like Lortab, it already has acetaminophen in it and you may not be able to take more. If your pain is not in control, or if it is worsening, please call us.

#### 5. Wound care:

You should have 2-4 small wounds with sutures and either Band-Aids or steristrips. You can remove the Band-Aids anytime. Steristrips should be left on for 3 days. These can get wet. Showering is fine. Hold on soaking in the bathtub for 2-3 days. If you have any redness or increasing tenderness around your wound call the office.

#### 6. Bleeding

After a D&C you will have 7-10 days of period type bleeding. It should not be more than 1 pad per hour. If you are bleeding this heavy for a couple of hours please call us. After a laparoscopy you may have some bleeding from the manipulation of your uterus. This should be slight. If you are due for a period you will still have one. On the other hand, surgery sometimes throws off your cycle so don't be surprised if your next periods doesn't come when expected. You should still use contraception if you don't desire pregnancy.

Please remember that there is always someone available to answer your questions. We truly hope that this is a good experience for you. Please let us know if there is anything more that we can do to make it better.