



Care Instructions after Gynecology Surgery

You will likely feel groggy over the next 24 hours. Every day you should be feeling better and can do more activity. Even on the day you come home you should be up and walking regularly. Slowly work back to your normal exercise habits. There are no issues with stairs. Continue to eat and drink as normal.

- If your surgery involved a large incision or removing the uterus you need to be cautious with lifting for at least 6 weeks.
- If your surgery involved removing the uterus or other incisions in the vagina you cannot have sex or get in a pool/tub/lake until cleared by your doctor at the 6 week appointment

During your recovery if you are having pain issues consider using over the counter pain medications like Advil (ibuprofen) and Tylenol (acetaminophen) as discussed with your doctor. Use narcotic pain medications as prescribed and for the shortest amount of time needed. Do not drive while using narcotic medications. If you are having issues with your prescriptions, call the Alliance office at (517)484-3000.

Incision Care

- 24 hours after your surgery you can remove any bandages that cover your incision
- Small white strips (steri strips) or surgical glue (Derma bond) may be securing your incision closed and it is normal for these to start peeling off after a few showers
- You can shower 24 hours after surgery
- Clean your incision daily with soap and water. Do not aggressively scrub or use hydrogen peroxide on your incision.
- Your incision does not need a bandage after 24 hours and should be open to air

Common issues following surgery

- Bladder: sometimes your bladder can feel irritated following surgery. Continue to drink water and empty your bladder frequently
- Shoulder pain: following surgery your right shoulder can be sore from irritation inside your belly
- Vaginal bleeding: it is common to have some spotting or bleeding following surgery
- Constipation: get plenty of water and fiber. Stop narcotic medications if able
- Nausea: eat food that are easy to digest
- Incision: you might notice a slight opening of the incision or a string coming from incision – this can be normal

You will receive a call from an Alliance nurse a few days after your surgery. **If you are having any of these issues please call the Alliance office immediately (517)484-3000:**

- fever of 100.4F or higher
- open incision or redness around incision
- saturating a pad with blood in 30 minutes
- unresolved nausea and vomiting
- unresolved constipation or bloody stool