



Sparrow Hospital Gynecologic Surgery – After Care Instructions

You will likely feel groggy over the next 24 hours. Every day you should be feeling better and able to 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, we recommend using over the counter medications like Advil (ibuprofen) and Tylenol (acetaminophen) as the first line medications. Take ibuprofen 600 mg every 6 hours and acetaminophen 1,000 mg every 6 hours. You can take these medications together.

If your pain is not controlled with ibuprofen and acetaminophen, you can take the narcotic pain medication (Oxycodone) in addition to the ibuprofen and acetaminophen. Not all women will be prescribed a narcotic medication. Use narcotic pain medication as prescribed and for the shortest amount of time needed. DO not drive while using narcotic medication. 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 foods 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 the following issues, please call the Alliance office immediately at (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.