POPLAR AVENUE CLINIC, PLLC

Women's Health • GYN Oncology • Pelvic Surgery

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GENERAL POST OPERATIVE DISCHARGE INSTRUCTIONS CONTACT YOUR SURGICAL TEAM IF ANY OF THESE SYMPTOMS OCCUR AT PHONE NUMBER 901-300-6713 HOME INSTRUCTIONS

NOTE TO CAREGIVERS - If the patient appears very ill or is not easy to arouse take her directly to the nearest emergency room or call 911 for emergency assistance. Do not wait to reach your surgical team. We will be happy to work with the emergency team nearest to you.

Follow up visit to be schedule for 2 weeks after surgery date please call the office if you do not have an appointment scheduled



Greater than 101 Fahrenheit.



ABDOMINAL PAIN:

That persists for more than 4 hours or any severe abdominal pain.



VOMITING:

Inability to eat or drink for more than 4 hours.



URINATING:

Inability to empty your bladder or pain during urinating.



Any concerns that seem out of the ordinary.

EXERCISE/ LIFTING



No lifting greater than 15 pounds for two months. Exercise should be limited to walking for 6 weeks; increasing your level of exertion gradually.

No driving while on narcotics. Driving

competent passenger one to two weeks

may be resumed initially with a



BATHS:

Avoid baths, swimming, or submerging incisions under water for two weeks. Showers are permitted, but make sure to pat dry the incisions.



WOUND CARE

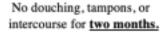


If you have a band-aid or bandage on your wound, you may remove it the day after dismissal. You may wash the wound with mild soap and water, avoiding immersing any abdominal incisions in water for at least two weeks after surgery. Keep your wound clean and dry. You should observe your incision for signs of infection which include redness, warmth, drainage or fever.

PELVIC REST:

DRIVING:

after surgery.





MEDICATIONS

continue taking your regular home medications as prescribed. Unless instructed by your surgical team



VAGINAL DISCHARGE



You may develop a vaginal discharge and intermittent vaginal spotting after surgery and up to 6 weeks postoperatively. The discharge may have an odor and may change in color, due to dissolving stitches. Contact your surgical team if your bleeding is soaking more than 2 pads in 4 hours.



you have an ileostomy/colostomy/urostomy): Patients are often constipated after surgery or with use of oral pain medicine. You should continue to take the stool softener during the next six weeks, and consume adequate amounts of water. If you have not had a bowel movement for 3 days after discharge, please try one or all of the following measures:

CONSTIPATION REMEDIES (doesn't apply to you if

- Milk of Magnesia 30 cc by mouth every 12 hours
- Metamucil, Fibercon
- Prunes or Prune juice.

