

You had a Minimally Invasive Hysterectomy

What to Expect: You may have some abdominal discomfort and cramping. You may have some vaginal bleeding or spotting when you go home for up to two weeks. You may notice a brown or yellowish discharge from your vagina. This is not unusual as your body is healing. **You should call the office if:** you have severe pain, nausea/vomiting, a temperature >100.4 or very heavy vaginal bleeding.

Diet: You may resume a regular diet. Try to stay well hydrated. This will help avoid constipation.

Medications: You should resume all your normal medications. You have been sent home with several prescriptions and it is very important you take these medications exactly as directed.

1. **Percocet or Dilaudid** – a narcotic medication for pain – you may take 1-2 tablets every 4-6 hours as needed for pain
2. **Motrin** (if not allergic)– an anti-inflammatory/pain reliever. One tablet should be taken every 6 hours around the clock for the first 3 days (even if you don't feel you need it). After the first 3 days you can then take 1 tablet every 6 hours as needed.
3. **Zofran** – an anti-nausea medication. You should take one tablet every 8 hours around the clock for the first 2 days.
4. **Colace** – stool softener to prevent constipation. Take one capsule every 12 hours while taking your pain medication.

Wound Care: You should be able to shower normally and wash over your incision(s) gently with soap and water. Do NOT apply creams or lotions to your incision site(s). You may have some small paper strips covering your incision(s) – these will fall off in approximately 10 days. If they do not fall off you may gently peel them off in 10 days. Try to keep your incision(s) dry and open to the air as much as possible.

Constipation: It is extremely common to become constipated after surgery. It is recommended to take Milk of Magnesia at the first signs of constipation (bloating/crampy pain). Do NOT strain heavily in order to have a bowel movement as this can sometimes cause internal bleeding.

Activity: You are encouraged to walk around the house. You may go up and down the stairs as long as you use the handrail. Do not have sex, douche, wear tampons or soak in the tub. You should avoid driving, any heavy lifting or exercise until after your post-op office visit.

Your Next Office Visit: Please call 215-662-9775 to schedule a visit in 2-3 weeks.