



CCOG

Women's Health Group  
OBSTETRICS • GYNECOLOGY • MIDWIFERY

**POST OPERATIVE INSTRUCTIONS**  
**MAJOR SURGERY**

1. Appointment should have been made for within 2 weeks. If not, call the office at 276-6800.
2. If you have had vaginal surgery or a hysterectomy at this time, nothing in the vagina – no tampons, douching or intercourse for 4 weeks.
3. May shower or bathe as you would with a period.
4. Use Extra Strength Tylenol or Advil for pain. Avoid aspirin – it can cause you to bleed more. If you require something stronger, please call.
5. Drink 4 – 6 glasses of water daily, eat a diet rich in fiber and take stool softeners as needed to avoid constipation.

**INCISION CARE:**

**Vaginal surgery with sutures at entrance of vagina or rectum** – please use sitz baths (sitting in warm water with salt or plain tap water).

**Abdominal surgery** – use warm washcloth 3 times a day to any incisions that are warm or reddened.

**ACTIVITY:**

1. By the time you go home, you can walk up and down stairs, and walk as far as you feel comfortable.
2. Riding in a car is fine, but driving a car on your own should wait until you are totally pain free and then with someone else to take over if you find yourself getting too tired.
3. Bleeding may or may not result from this surgery. In general, bleeding should not be heavier than a period or last more than 1 – 6 weeks, usually tapering off to a spotting or brown discharge.
4. After major surgery, your body needs time to recuperate, so rest when you are tired and exercise when able.
5. Return to work varies with the surgery done and your own recuperation. Some people are able to return to work as soon as 1 week later or others need 8 weeks or more.
6. No heavy lifting for 6 weeks.

**WARNING SIGNALS TO REPORT**

1. Temperature above 100.4 degrees by mouth.
2. Bleeding heavier than a period or passing large clots.
3. Incisions that seem to open up or become red or have drainage.
4. Persistent or severe cramps or pain.

**IF ANY PROBLEMS SHOULD ARISE WHICH WERE NOT COVERED IN YOUR INSTRUCTIONS, PLEASE CONTACT OUR OFFICE.**

