

## Postoperative Instructions Abdominal Surgery

### HOW MUCH ACTIVITY CAN I DO AFTER SURGERY?

- No driving while taking narcotic pain medications or if you do not feel strong enough to stop the car in an emergency.
- Gradually advance your activity. You should NOT be bedridden after your surgery, stairs are OK.
- Use common sense when starting an exercise routine after surgery. Start out slowly 2 weeks after surgery and gradually increase time, distance and speed.
- No lifting more than 10-15 pounds for 4 weeks

### WHEN CAN I RESUME SEX?

- Intercourse should be avoided for 2 weeks.

### WHEN CAN I TAKE A SHOWER?

- You may shower 48 hours after surgery. Tub baths should be avoided until your incision is healed.

### HOW SHOULD I CARE FOR MY INCISION?

- Keep your incision clean and dry using mild soap and water. Do not excessively scrub the incision. Leave it open to air or lightly covered as much as possible.
- A small amount of bleeding at the incision sites is not uncommon. If it persists, call the office.

### HOW LONG WILL I HAVE BLEEDING AFTER SURGERY?

- Vaginal bleeding and spotting usually resolve within one week but may last for up to six weeks. Call the office if you have heavy bleeding (enough to saturate two pads in an hour) or a foul-smelling vaginal discharge.

### I HAVE CONSTIPATION, WHAT SHOULD I DO?

- Constipation can cause severe pain. Drink a lot of water and eat a high fiber diet. You may take **milk of magnesia** or **docusate** with or without **senna**.

You will need an appointment

- 1-2 weeks after surgery
- 6-8 weeks after surgery

Call if you experience:

- Fever > 100.4 degrees
- Shortness of breath
- Heavy vaginal bleeding
- Severe pain, not relieved by your pain medications
- Persistent nausea and vomiting
- Increasing pain, redness, or drainage at your incision

Monday-Thursday 9AM-4PM call [\(907\) 586-1717](tel:9075861717)

After hours call [\(907\) 796-8913](tel:9077968913)

### HOW SHOULD I MANAGE MY PAIN AFTER SURGERY?

- **Ibuprofen** 600 mg every 6 hours should be started after surgery. This should be taken every 6 hours for the first few days, then on an as needed basis.
- **Hydrocodone/acetaminophen** is for break through pain. You can take one tab every 4 hours or 2 tabs every 6 hours. It is best to stagger this medication with the ibuprofen so they are not taken at the same time.
- Applying ice to the incisions is generally better than heat for relieving pain and swelling.