

## Abdominal Hysterectomy

### 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 4 weeks after surgery with walking. No strenuous activity for 8 weeks.
- No lifting more than 10-15 pounds for 8 weeks.

### WHEN CAN I RESUME SEX?

- Intercourse should be avoided for 8 weeks to allow the top of the vagina to fully heal.
- Your doctor will clear you for pelvic activity at your 8-week visit.
- Avoid deep penetration initially until you are completely comfortable.

### WHEN CAN I TAKE A SHOWER?

- You may shower at any time after surgery. Tub baths, hot tubs, and swimming should be avoided until 8 weeks after surgery.

### 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 a pad in an hour) or a bad-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**. If these options fail, you may take magnesium citrate.

You will need an appointment

- 1-2 weeks after surgery
- 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.