

Laparoscopic 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 to exercise after surgery. Start out slowly 2 weeks after surgery with walking. No strenuous activity for 8 weeks.
- No lifting more than 15 pounds for 8 weeks.

WHEN CAN I RESUME SEX?

- Intercourse should be avoided for 8 weeks and cleared by the doctor. This allows the top of the vagina to fully heal.
- Your doctor will clear you for pelvic activity at your 8-week postoperative visit. Some people need more time to heal.
- 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 for 8 weeks.

HOW SHOULD I CARE FOR MY INCISIONS?

- Keep your incisions clean and dry using mild soap and water.
- No special creams or ointments are needed.
- 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, increasing bleeding, or a bad-smelling vaginal discharge.

I HAVE CONSTIPATION, WHAT SHOULD I DO?

- Constipation can cause severe pain after surgery. Drink a lot of water and eat a high fiber diet. You may take **milk of magnesia** or **docusate** with **Senna** (up to 2 tabs twice daily). If these are not working, you can also 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 incisions

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 to a week, then on an as needed basis.
- **Hydrocodone/acetaminophen** is for break through pain. You can take 1-2 tabs every 4 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.