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Gynecologic Oncology & Gynecologic Surgery

Discharge Instructions

Fever

The patient should take her temperature at 7:00 a.m. and 7:00 p.m. and anytime she feels warm, letting me know about any temperature above 101oF.

Bowel Movements

Next I want her to take the Senokot-S, 2-3 tablets, to keep her bowels regular, trying to have a bowel movement everyday. If she goes the entire day without a bowel movement, she needs to take "Milk of Magnesia"(MOM) 30 cc in the evening, and if she goes two days without a bowel movement, she or you needs to let me know. If, indeed, she has had irregular bowel habits meaning no bowel movement everyday or every other day, then she would be considered at high risk for having gas pains and constipation and further abdominal pains that will potentially lead to unnecessary visits to the emergency room, which can be entirely avoided if she uses the Senokot, increases her ambulation, and fluid intake.

Her bowel habits are not going to become regular, until she is off her narcotics, her activity is back to normal, and she is eating and drinking normally, so the Senokot is essential, as well as milk of magnesia.

Ambulation

The patient needs to resume her ambulation, trying to advance to her "normal" activities she was doing before surgery, including the walking.

Wound Care

Any external skin wounds need to be cleaned with Hydrogen peroxide daily, particularly the JP drain and suprapubic Foley sites. If they look reddened or have discharge, you needed to notify us and increase the peroxide site cleansings to at least twice a day. Adding heat may be necessary and helpful as well as soothing. Call Home Healthcare or the office for any concerns.

Sling Follow-Up

If you have had a pubovaginal sling, you will need to follow up in my office in 3-5 days to check a postvoid residual. If you cannot make it into the office because of travel distance, then it may be necessary for the home healthcare to help you. If arrangements needed to be made, then please let me know to obtain home healthcare or some type of arrangement with your local physician.

Follow-Up :No Sling

If you have not had a pubovaginal sling, a routine follow-up is usually in two weeks, so you should call in the day after discharge and let us know how you are doing, as well as make that appointment.

Patient Problems

Last, you need to keep my office informed of any problems during the normal work hours, which is 08:30 to 03:30, and after hours, you can let my Triage Nurse or me know. My goal is to take care of all patient problems during the day hours by my staff, which I oversee. To try to arrange care of problems after hours may become cumbersome and delayed, and may result in unnecessary visits to the emergency room, as not all of your problems can be addressed following the 03:30 deadline. However, I will try to meet your needs as quickly as possible after that time. If you feel you need emergent or immediate care, than please go to the nearest E.R. and/or call 911 for assistance. On the weekends, I am going to be covering the calls or I will have my nurse triage any phone calls.