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Post-Op Care Instructions

It is extremely important that you carefully follow the after surgery care instructions given to by Dr. Smith and his staff. Following these instructions carefully will assist you in the prevention of post-operative complications and delayed recovery. Please be aware that there are circumstances out of anyone's control that may occur after surgery. However, by following these instructions you will be able to reduce your risks of avoidable post-operative complications.

YOU MAY:

- Resume a normal diet within 1-3 days of being home, unless instructed otherwise.
- Resume all medications taken before surgery, unless instructed otherwise.
- Take Tylenol, Ibuprofen, or another over the counter pain reliever if the prescription pain medications are too strong.
- Use Senokot as soon as you get home from the hospital.
- Shower.
- Notice an increase in bruising at the wound sited for the first few days after surgery.
- Have vaginal discharge for up to 4-6 weeks after surgery, which may be pink or red at first, then brown or tan color (this may increase with your activity level).

YOU MAY NOT:

- Lift anything heavier than a six pack of coke until instructed by Dr. Smith.
- Use tampons, douches, or have sexual intercourse until approved by Dr. Smith.
- Drive or use alcoholic beverages while taking pain medications.
- Take a tub bath until after your first follow up visit with Dr. Smith.

DO:

- Use medications only as directed and only for the person for whom they are prescribed.
- Notify Dr. Smith's office if you have a fever of 101 or greater.
- Keep your follow up appointments.
- Increase your activity on a daily basis.
- Get out of bed and sit up in a chair at least 3-4 times each day.
- Take your pain medication with food and not on an empty stomach.
- Start your Senokot protocol as soon as you get home from the hospital.
- Notify the office if you have burning with urination, blood or pus in the urine or urinary frequency and urgency or are unable to urinate within 8 hours discharge from the hospital.
- Take medication as directed and all the antibiotics prescribed.
- Call your pharmacy if any prescription refills are needed.
- Try to stop smoking as it may inhibit adequate healing of the tissue.
- Contact Dr. Smith's office or your Home Health Nurse if you have any questions.
- Follow specific instructions given to you if you have a catheter or drain.
- Notify the office if you experience: extreme pain, constipation, persistent nausea and vomiting, redness, pain or drainage from wounds, abdominal distention and bloating causing pain, bright red vaginal bleeding that saturates a full size pad every 1-2 hours or is heavier than a normal period, no bowel movement for 48 hours, catheter is occluded with no urine output.