

North Bay Regional Health Centre

Surgical Services
Hysterectomy Surgery
Post-Operative Discharge Instructions

Follow Up: You will be seen by the surgeon for a follow up appointment on:

- Date/Time: _____
- Call to Schedule at _____

What to Expect After Surgery:

Voiding: If you have been unable to void (urinate) within 6 hours from your discharge, please return to the hospital to the Emergency Department.

Pain: It is normal to experience a sense of bloating and discomfort for a few days.

- To help relieve pain, you can:
 - Drink warm fluids
 - Move around and walk
 - If you were given a prescription for pain medication, be sure to get it filled at your pharmacy and take it as instructed.

Incision Care: Your incision(s) may be closed with glue, sutures, or staples and be covered by a bandage.

- **Glue and sutures:** will dissolve with time and do not need to be removed.
- **Staples:** if staples were used to close your skin, a healthcare provider will need to remove the staples.
- **Bandages:** must remain DRY and may be removed in 3-5 days.
- It is important to wash your hands before and after touching your incisions and the dressings.
- It is important to keep the incision dry. Do NOT bath, swim, or use a hot tub for 3 weeks.
- You may shower in _____ days but be sure to pat the incision dry afterwards.

Vaginal Bleeding: Vaginal bleeding and spotting is normal for 1 to 2 weeks after surgery. The amount of discharge will decrease. Use sanitary pads only.

Diet:

- To help healing and prevent constipation, resume a well-balanced diet and drink plenty of fluids.

A mild stool softener may be necessary when taking pain medications. Stool softeners can be purchased over-the-counter at the pharmacy.

Activity: for several days after your surgery, your activity will be less than normal.

- Do **NOT** do activities that use a lot of stomach muscles for 3 to 4 weeks after surgery. These include:
 - Heavy lifting – greater than 4 kg or 10 lbs
 - Vacuuming, pushing the lawn mower, shovelling snow
 - Weight training
 - High impact sports
- Do **NOT** have sexual intercourse or use tampons until after you have had a follow-up appointment with your physician to examine how you are healing.
- Returning to work will depend on the type of work you do and your recovery.

Return to the Emergency Department at the hospital if you have any of the following:

- Fever over 38.5°C or 101.3°F
- Ongoing vaginal bleeding with clots
- Increased pain, redness, swelling, and/or smelly discharge from the incision
- Pain that is not controlled with your medications
- Chest pain when taking deep breaths
- Sudden pain or swelling in the calf of your leg

Medications given at the hospital today include:

Medication Name and Time Given	When to take again

Other Instructions:

Prescription and Home Medication Instructions Provided
