

Post-Operative Instructions Hysterectomy

ACTIVITY:

- For two weeks post-surgery, do nothing more than relax and rest.
- Do not lift anything heavier than ten pounds.
- Two weeks post-surgery, you may drive, do light housework, and walk.
- Put nothing in your vagina for six weeks (no tampons or sexual intercourse).

DIET:

- Eat light meals, avoiding spices and gas producing foods like beans.
- Take Metamucil or another stool softener.

WARNING SIGNS: Call our office (314-993-7009) for an appointment during working hours or through the exchange at night (314-388-6595) if any of the following symptoms occur:

- Fever
- Trouble urinating
- Increased pain
- Bright red discharge

FOLLOW-UP APPOINTMENTS:

- Two weeks following your surgery with the nurse practitioner
- Six weeks following your surgery with the doctor