

POSTOPERATIVE INSTRUCTIONS

OPEN SURGERY / LAPAROTOMY / HYSTERECTOMY

After surgery your ability to concentrate and your energy levels will be decreased from surgery and anesthesia. For the first 2 to 4 days, do not make decisions, use electrical appliances or participate in activities that require concentration or energy. You may be sore and have less than normal energy for two to six months.

If you have stairs to go up, do so when you are rested. You can drive a car when you can walk for two hours without getting tired.

You can usually resume light to moderate activities by the second or third week.

- Major activities and lifting can be resumed ___ to ___ weeks after surgery.
- You can return to work by ___ to ___ weeks depending on concentration.
- You may start having sex after your post-op visit.

Call the office with:

- Vaginal bleeding heavier than a menstrual flow,
- Temperature over 100 degrees for more than four hours,
- Cramping abdominal pain more than a menstrual period,
- Nausea with vomiting, or
- Any questions you have.

Incision

Expect abdominal swelling for four to ten weeks. You may notice a knot in the area of the incision. This is the absorbable stitch before it has had time to dissolve. The incision may be tender for two to six weeks. The tenderness may be above the incision or at the angles from the stitches. You may have leakage of the fluid left to decrease adhesions.

The stitch on the _____ side will fall off in 4 to 8 weeks. Call if it is tender.

You can start on __regular diet or _____.

Your bandage can be taken off the day after surgery. The Steristrips should stay on for seven days. You can bath or shower with the Steristrips on.

Vaginal bleeding or blue dye

A small amount of bleeding may occur for several days due to cervical or uterine manipulation. Do not have intercourse until after the bleeding has stopped. Call if this is heavier than a menstrual period or lasts more than 10 days.

You may experience vaginal drainage of a blue dye if it was used to check the tubes.

Medication

Pain medication, gas medication, and other medications should be taken as prescribed. Use Aleve 220 mg or Motrin 600 mg every 6 hours to help with swelling and pain. If you are on other medications, please ask Dr. Martin when to restart these.

Appointment

Please call this week to set up a follow-up appointment. Please see me in ___ weeks.

EMERGENCIES

The office or answering service is 347-8331 until about ___ and then home at 761-4787.

___ I am in town all weekend.

___ I am out of town from _____ to _____ for a meeting. Call early if you need me.

If you have questions, please be sure to ask.

Thank you,

Dan Martin, M.D.

Dan Martin, MD, UT Medical Group, Inc.

7945 Wolf River Boulevard, Suite 320, Germantown, TN 38138, (901) 347-8331, Fax (901) 347-8188